

# Girl Pages

## Reproducible Worksheets

These are designed to be used to supplement the Girl Pages and the lesson plans in the Teacher's Guide. They can be printed as color or black and white copies for use in the classroom.

**active. strong. healthy. energized.**

## Section 1: Intro to New Moves: Finding the balance

Be Fabulous: It's all about me

Be Fueled: Getting started with nutrition

## Section 2: Elements of good health

Be Fabulous: Choose your adventure

Be Fueled: Aaahhh, refreshing water

## Section 3: Back to the basics

Be Fit: Body basics: move it and groove it

Be Fabulous: Setting goals that last

Be Fueled: Breakfast basics

## Section 4: Making it fit for you

Be Fabulous: Day in the life

Be Fueled: Fruit and veggie explosion

## Section 5: Small steps for big changes

Be Fueled: Good for you snacks

## Section 6: Balanced for life

Be Fabulous: Stress-less

Be Fueled: Let's do lunch

## Section 7: Real solutions for real life

Be Fueled: Fast food facts

## Section 8: Putting it all together

Be Fit: Fit and fabulous forever

Be Fabulous: Wrapping it up

Be Fueled: Planning for the future

# be fabulous it's all about me 1

It's important for you to feel comfortable with your classmates. Part of that is getting to know each other. Within your small group, find 5 things that you all have in common. In New Moves we can celebrate our differences and connect through our similarities!

names of your group members:

5 things you have in common

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# be fabulous it's all about me

1

New Moves is YOUR class, so we don't need a list of "no's" or a list of rules on how to act. What does this group need to feel safe with one another? What do you need in the class to help you grow and learn?

Fill the circle with guidelines chosen by the class.



# be fueled

1

Getting started with nutrition

Healthy eating will help you look and feel your best now and in the future. It can also help reduce your risk for health problems and diseases such as obesity, eating disorders, diabetes, osteoporosis, and heart disease.

helps you  
look and feel  
great.

helps keep  
you at a healthy  
weight, without  
dieting.

improves  
your mood.

helps you  
concentrate.

Healthy eating...

means no  
more dieting.

helps you  
feel more  
energetic.

Why is healthy eating important to YOU?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

...is  
key to  
taking  
care of your  
body!

# be fabulous

choose your adventure

Day of the week	Goal	Actual steps	What made it hard?	How did you increase your steps?



"I take 500 step study breaks every 45 minutes. By the end of a busy night, I have gotten more done than I would without breaks and have taken a bunch of steps!" Tasha, 16

"I walk while I am on the phone. I usually get 1,000 steps while talking!" Shay, 17



"I walk to school rather than catching a ride or the bus. It all adds up to 2200 extra steps a day!" Jen, 16

"I meet my friends for a walk after school. It's free, fun, and I feel better than when I used to sit around and eat chips after school!" Marissa, 15

# be fueled

aaahhh...refreshing water

By now you know the importance of getting enough liquids. But what's the problem with soda? Before you reach for one, check out the following activity. How much sugar is in there? (see page 52 for why it matters!)

Using the Food Label, find the grams of sugar in each pop and count the number of cubes it takes to match.

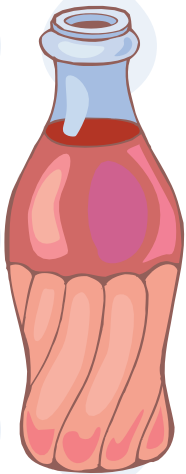
1 sugar cube = 4 grams of sugar

Can

Size (ounces) = \_\_\_\_\_

Grams of sugar = \_\_\_\_\_

Number of sugar cubes \_\_\_\_\_



Bottle

Size (ounces) = \_\_\_\_\_

Grams of sugar = \_\_\_\_\_

Number of sugar cubes \_\_\_\_\_

Fountain drink

Size (ounces) = \_\_\_\_\_

Grams of sugar = \_\_\_\_\_

Number of sugar cubes \_\_\_\_\_





# be fueled

aaahhh...refreshing water

## Kool-Aid

Size (ounces)= \_\_\_\_\_

Grams of sugar= \_\_\_\_\_

Number of sugar cubes \_\_\_\_\_



## Vitamin Water

Size (ounces)= \_\_\_\_\_

Grams of sugar= \_\_\_\_\_

Number of sugar cubes \_\_\_\_\_

## Sports Drink

Size (ounces)= \_\_\_\_\_

Grams of sugar= \_\_\_\_\_

Number of sugar cubes \_\_\_\_\_



## Your favorite drink

Size (ounces)= \_\_\_\_\_

Grams of sugar= \_\_\_\_\_

Number of sugar cubes \_\_\_\_\_



# Make your own fitness plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength 2-3 days							
Aerobic (cardio) 3-6 days							
Add it up							

Remember to stretch after your workouts!



# be fabulous setting goals that last 3

In the last section, you learned about setting SMART goals. Now it's time to think about what kinds of goals YOU are interested in achieving. The following are New Moves goals that you may want to try, or you can add your own ideas on how to get healthier. Check all the boxes next to goals you could see yourself working **towards** in the upcoming month.

- ☐ Eat breakfast everyday
- ☐ Limit TV watching to an hour or less a day
- ☐ Avoid diets and meal skipping
- ☐ Choose fruits and vegetables for snacks, at least 5 a day
- ☐ Focus on your positive traits
- ☐ Pay attention to portion sizes and your body's signs of hunger and fullness
- ☐ Choose water to drink instead of pop or other sugary drinks
- ☐ Move your body for at least an hour a day
- ☐ Your idea \_\_\_\_\_

Changes  
start  
with small  
steps!

What makes it hard for teens to be healthy?

What things get in the way of meeting your goals to be healthier?

What could you do to overcome these barriers?

real life challenges



Now it's your turn. Based on a goal you are interested in working on, answer the following questions. Think of something that you are willing to work on in the next month or so.

## Action Planning Worksheet

Name:

Date:

1. What is the change I want to make?

2. What are my main reasons for making this change?

3. What do I want to accomplish with this change?

4. How do I plan to make this change?

5. What strategies or tools do I plan on using?

6. What plans do I have in difficult times?

7. How can others in my life help me?

8. How will I monitor my progress?

9. How will I reward myself?

10. On a scale from 1-10, how confident am I that I can accomplish my plan?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all confident

very confident

11. What kind of timeline am I considering?

# be fabulous setting goals that last <sup>3</sup>

Be heard! Fill in this worksheet based on your answers from the previous page. Read aloud to your partner or group.

My goal  
setting statement.

I am going to work on (#1 goal) \_\_\_\_\_

My plan is to (#4 plan) \_\_\_\_\_

I will deal with (#6 challenges) \_\_\_\_\_

by (#5 strategies) \_\_\_\_\_

I will check in with my goal (#11 timeline) \_\_\_\_\_

Signature

Date













# be fueled breakfast basics

3

For busy mornings, one easy thing to grab is a breakfast bar. We've picked out a few that will give you the energy you need without too much fat or sugar.

## Activity:

Write the name of the breakfast bar in the first column, and color the face that most describes how you liked it. Pair the ones you like with a piece of fruit for a quick and healthy breakfast. Eating breakfast can be easy and tasty!

Breakfast Bar	I think it is...	I would eat it with...
Nutri-grain bar	  	A banana or pear
	  	
	  	
	  	



and the winner is...

My favorite bar and fruit: \_\_\_\_\_

# be fueled breakfast basics

3

Breakfast Bar	Serving Size	Sugar (grams)	Fiber (grams)	I think it is...

I will eat breakfast \_\_\_\_\_ days per week over the next week. My breakfast options include:

Breakfast #1 \_\_\_\_\_

Breakfast #2 \_\_\_\_\_

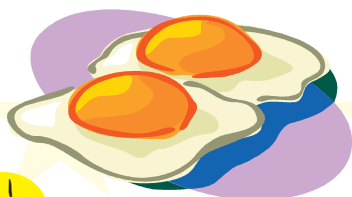
Breakfast #3 \_\_\_\_\_

Breakfast #4 \_\_\_\_\_

Breakfast #5 \_\_\_\_\_

Breakfast #6 \_\_\_\_\_

Breakfast #7 \_\_\_\_\_



# be fabulous

a day in the life

4

Now it's your turn. Fill in your schedule key by making each category a different color. Pick a weekday and weekend day and record your life.

Time	Weekday _____	Weekend _____
5 AM		
6 AM		
7 AM		
8 AM		
9 AM		
10 AM		
11 AM		
12 PM		
1 PM		
2 PM		
3 PM		
4 PM		
5 PM		
6 PM		
7 PM		
8 PM		
9 PM		
10 PM		
11 PM		
12 AM		
1 AM		
2 AM		
3 AM		
4 AM		

## schedule key

☐

Not negotiable

☐

Somewhat flexible

☐

Free time



# be fueled

4

## fruit and veggie explosion

Nine servings of fruits and vegetables may seem like a lot but it can be done if you include fruits and vegetables in your meals and snacks. Most of what you should eat are whole fruits and vegetables (they are full of fiber), but 100% fruit or vegetable juices are also an option.

**breakfast**

**lunch**

**dinner**

**snacks**

How can you get 5-9 servings of fruits and vegetables a day?

(A serving is about a half of a cup)

# be fueled

good for you snacks

5

## Right Choice for You

Being out and about can make it hard to find healthy snack choices, but it can be done! Besides baked chips, there are choices like whole wheat crackers, milk (low-fat or skim), 100% juice, low-fat yogurt, fresh fruit, raw vegetables, and bottled water.

### The Choice is Yours! Activity

You don't have to give up your favorite snacks in order to be healthy! Like chips? Let's take a look at how you can fit them into your healthy lifestyle.

Let's do a quick comparison:

Small bag of baked chips:	Small bag of regular chips:
Total calories per bag:	Total calories per bag:
Minutes of walking to burn the calories:	Minutes of walking to burn the calories:

100 calories = 20 minutes of brisk walking

FYI: A 150 pound person would burn approximately 100 calories walking for 20 minutes at 3.5 miles per hour. The actual amount of calories burned depends on your fitness level, body weight, type of terrain, and how fast you walk.

Now let's look at the serving sizes because sometimes it's easy to eat more when you are eating out of a larger bag.

Servings in a small bag \_\_\_\_\_

Servings in a medium bag \_\_\_\_\_



# be fabulous

stress less

6

We all have stress, and we all have made our lives more stressful by dealing with stress in the moment. The key to reducing stress is to recognize your patterns for what stresses you and how you react to it, and think of different ways to react. Below is an example of a stressful situation and how someone dealt with it, as well as their idea for change. In the spaces below, fill in your own situations from the recent past, and how you can react next time.

Situation	Stress Scale (1 (low)- 10 (high) and emotions)	I responded by	Next time I will try to
My friends went out last night without asking me and I feel totally left out.	8 Mad, hurt, and betrayed.	I sat at home, watched TV, and ate my heart out.	Go for a walk, talk to my mom, or listen to my favorite music.

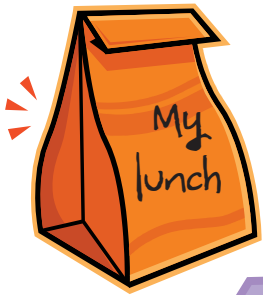
out of control! Keep stress from spiraling out of control!  
Plan your strategies and stick with them!

# be fueled

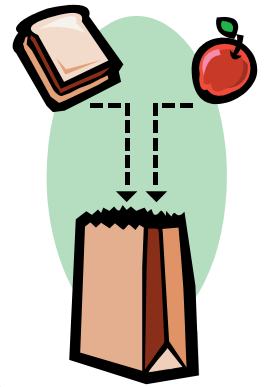
let's do lunch

6

Busy days can be stressful, but missing lunch only makes things worse. Bringing your own lunch can help you feel better and save money! When you pack your own lunch, you will have foods you like, avoid the lunch line, and ensure that you fuel yourself for the rest of the afternoon. You can pack a variety of things so that every day is different. Check out the Girl Pages, session 6 for ideas on putting together a lunch worth eating!



what would you have?



Your lunch idea

# be fueled

let's do lunch

6

I will eat lunch \_\_\_\_\_ days per week over the next week.

My lunch options include:

Lunch #1



Lunch #2



Lunch #3



Lunch #4



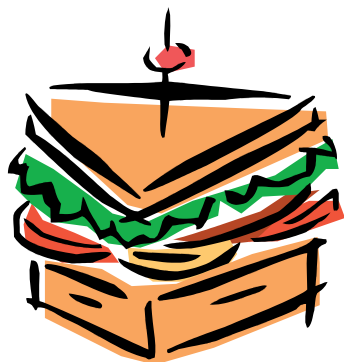
Lunch #5



Lunch #6



Lunch #7



"May I take your order?"

Your ideas for making your fast food healthier.

Original Menu Item	Using the menu, select new foods or modify items to make it a healthier choice.	Ideas for how to increase fruits and vegetables or the change or removal of a condiment.
Burrito with cheese and sour cream.	Chicken tacos OR Bean burrito with half the cheese	Peppers, onions, and salsa instead of sour cream and cheese.

Portion sizes of foods have been increasing so that we are being served and eating way more than our bodies need. For example, the average hamburger in the 1950's was just 1.5 ounces, compared to big versions weighing in at 8 ounces today.

*That's 500 calories more for just one item!*



1950's



Today.

## Where am I now?

In "be fabulous" you have learned how to deal with stress, manage your time, improve your body image, increase your goal setting skills, and much more! Specifically, how do you feel about all you've learned?

Complete the following:

I feel I have improved \_\_\_\_\_  
in my life by \_\_\_\_\_.

I would like to work more on \_\_\_\_\_  
and will do so by \_\_\_\_\_.

I feel most confident in myself when \_\_\_\_\_.

I think my strengths are \_\_\_\_\_.

I am phenomenal because \_\_\_\_\_.



# be fit fit and fabulous forever! 8

**My physical activity:**

**Six months ago:**

**Today:**

**Six months from now I see myself:**

**My steps to get there:**

**What I have learned about myself:**

**My favorite physical activity:**

**An activity I would like to try:**

**The benefits I have experienced being physically active:**

**My biggest challenge to staying physically active:**

**My strategies to overcome this challenge:**

**My reward(s):**

**My favorite part of being physically active:**

**My plan for staying active:**

**My support system for being active:**

**On a scale from 1-10, put a star where you were when you started New Moves, and circle where you feel you are today.**

**1    2    3    4    5    6    7    8    9    10**

**(1=inactive most of the time, 10=very active)**

*"There are no shortcuts to any place worth going."- Beverly Sills*

# be fueled

planning for the future

8

New Moves participants have made many changes in their eating habits to help them meet their goals. What changes have you made? Use the list below to check off things you already are doing, and things you plan to do more with in the future. Feel free to check both boxes if you wish!

Do  
now

Plan to  
do more

## Eat more fruits and vegetables

☐☐

Start each day with a serving of fruit.

☐☐

Snack on fruits and vegetables throughout the day.

☐☐

Make fruits and vegetables a part of each meal.

☐☐

Opt for frozen or canned fruits and vegetables when fresh isn't available.

Do  
now

Plan to  
do more

## Drink more water

☐☐

Drink non-calorie beverages such as water instead of pop and other sweetened drinks.

☐☐

Carry a sport bottle filled with water.

☐☐

Choose ice water when out to eat.

☐☐

Switch to diet pop or low calorie fruit drinks.

☐☐

Choose nonfat or lowfat milk.

# be fueled

planning for the future

8

Do  
now

Plan to  
do more

## Eat breakfast regularly

☐☐

Get up a few minutes earlier to eat breakfast.

☐☐

Set out a bowl and spoon the night before or pack something to grab and go in the morning.

☐☐

Try something new for breakfast.

☐☐

Drink a glass of water or orange juice if I'm not hungry and pack a mid morning snack.

Do  
now

Plan to  
do more

## Healthy eating

☐☐

Pay attention to portion sizes.

☐☐

Eat for healthy weight management.

☐☐

Pay attention to my hunger cues.

☐☐

Stop when I am full.

☐☐

Not eat when I am stressed.

☐☐

Avoid dieting.

☐☐

Monitor my progress.

1

### Identify the benefits

Thinking back to the reasons you made the changes in the first place may help you stay motivated and on track.

Take a few minutes and think about the reasons why you chose to make changes in your eating or physical activity habits.

Try to remember these benefits when you feel your motivation is decreasing. (Tracking your progress helps you do this!)

List \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are the benefits of making these changes? For example, more energy, maintaining your weight, improved mood?

2

### Create supportive surroundings

Think about three areas of your life: the things around you, people around you, and your own thoughts and self-talk. These areas can either make it easier or harder for you to maintain your changes.

Try to seek out and surround yourself with positive influences in your life-the people and things that provide you with support!

List \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Where do you get your support to make or maintain healthy choices? Who supports you?

# be fueled

planning for the future

8

## 3 Recognize your success

Recognize what you have accomplished and think about your progress. Be sure to give yourself credit for all your changes.

Where were you as far as healthy eating and physical activity when you began New Moves? Were you dieting, eating lots of junk food, watching a lot of TV?

List \_\_\_\_\_

Where are you now? Are you eating breakfast regularly, avoiding dieting, and getting exercise regularly?

List \_\_\_\_\_

before

today

## 4 Reward yourself

Remember to reward yourself for your progress. This is a step that is often forgotten when you are trying to stay motivated and on track with your goals. Identify some ways to reward yourself, such as going to a movie or buying something for yourself like new music, a new pair of shoes, or a sports bra. Think creatively about what you want and reward yourself for your hard work!

What are your rewards going to be?

List \_\_\_\_\_

you deserve it!



# be fueled

planning for the future

8

## Steps to maintain your motivation



1. Identify the benefits



2. Create supportive surroundings  
(people, places, and thoughts)

3. Recognize your success



4. Reward yourself

Which of the strategies listed above do you think would help motivate you to stay on track and maintain your healthful eating and regular exercise?

List 2 of your own strategies to try over the next few weeks.

1. \_\_\_\_\_

2. \_\_\_\_\_

**New Moves** for a new  
you. It's a new way of thinking, of making  
healthy choices for yourself and for **your body**,  
and of feeling proud of who you are and the choices  
you make.

# Hunger/Satiety Scale

Eat when you are hungry and stop when you are full

0	1	2	3	4	5	6	7	8	9	10
Starving, dizzy, irritable	Very hungry, unable to concentrate.	Hungry, ready to eat	The urge to eat is strong.	A little hungry. You can wait to eat but you know you will be getting hungry soon.	Neutral. Not hungry. Not full. Comfortable.	You feel comfortable and satisfied.	Hunger is definitely gone. You may not feel hungry again for 3 to 4 hours.	Not uncomfortable, but definitely full.	Uncomfortably full, feel stuffed.	Very full, uncomfortable, maybe even painful.

To use this scale rate your hunger level before you eat and again when you are finished eating. You may want to record on your New Moves graph\*. If you do this each time you eat, you will become more familiar with your eating patterns.

Use the descriptions loosely, hunger and satiety are very subjective experiences and move away from using your head to decide your eating patterns and towards listening to your body.

## EXAMPLES

1										

A meal where you eat from a 3 to a 7.

A meal where you began eating when you were not hungry, eating from a 6 to an 8.

Eating from a 2 to a 9, from very hungry to uncomfortably full.





# Self-monitoring: It really is all about you!


On the next pages, there are four examples of self-monitoring tools that can help you track and meet your goals. Blank versions of these are available from your New Moves coach, all you need to do is ask!


*Meg*

Date MAY 21, 2007

Fruits and Vegetables - Aim for checking off 5 to 9 each day.  


Water/Sugar-free Drinks - Aim for checking off 8 each day.  


Meals - Aim for checking off all three meals each day.  


Activity - Check one off for each 15 minutes of activity. Aim for checking off at least four (1 hour) each day.  


How much TV did I watch today? 2 (hours)

How much time did I use the computer today? 1 (hours)

Other Thoughts  
*My favorite shows are on Thursday nights... (on treadingmill for 45 minutes of show)*

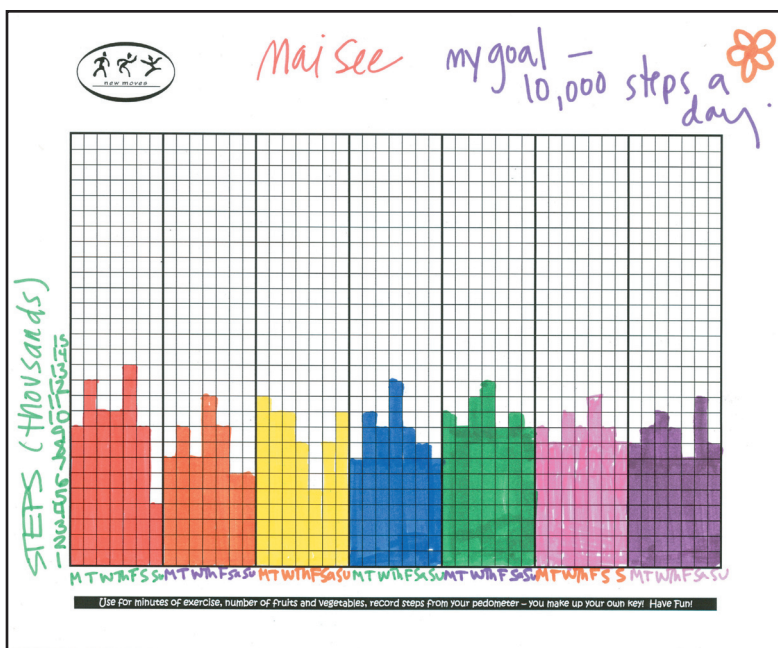
*Robin*

May 2007

Goal: Do some sort of physical activity 5 days a week.

Home	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			tennis with jenny 45 min	walked to work 20 min	rollerblade 40 min	walked dog 35 min.	volleyball at a picnic 1 hour
		strength training @ home 20 min	walked dog 25 min	walk to work (no ride!) 20 min	TENNIS 60 min	biked to school 20 min	
	walked & jogged w/ dog 45 min	stretching 10 min	tennis 45 min	walked to work 20 min		walked at lake with jenny 45 min	danced at party 60 min
	rollerblade 50 min		biked to school 20 min	walked to work 20 min	weight room w/ jenny 25 min	walked/jogged w/ dog 35 min	rented kayaks 1 hr
	badminton at picnic 35 min	Kickboxing DVD 40 min		walked to work 20 min	biked to school 20 min	yoga class 60 min	! did it! :)

Page 1/1



*Amanda*

Time	Weekday	Weekend
6 AM	WAKE UP!	
7 AM		
8 AM		
9 AM		
10 AM		
11 AM	SCHOOL	
12 PM		
1 PM		
2 PM		
3 PM		
4 PM	BABYSIT MY BROTHER	
5 PM		
6 PM	DINNER	WORK at Mall
7 PM		
8 PM	PHONE CALLS	
9 PM	HOMEWORK	
10 PM	TV or CHAT	
11 PM	SLEEP!	

**Schedule Key**

- Not Negotiable
- Somewhat Flexible
- Free time

**Plan:**

- Walk around the mall during my entire break (15min)
- Spend at least 1 hour of my free time on the weekends doing something active.
- Take a walk with my brother after school.

Use to plan free time or when you are busy, find ways to make it more active - you make up your own key! Have Fun!

Date \_\_\_\_\_

Fruits and Vegetables – Aim to check off 5 to 9 each day.



Water or sugar free drinks – Aim for checking off 8 each day.



Meals – Aim for three meals each day.



Activity – Each shoe represents 15 minutes. Aim to check off at least four (1 hour) each day.



How much TV did I watch today? \_\_\_\_\_ (hours) Aim to limit to 1 hour or less.



How much time did I use the computer today? \_\_\_\_\_ (hours)





Time	Weekday	Weekend
6 AM		
7 AM		
8 AM		
9 AM		
10 AM		
11 AM		
12 PM		
1 PM		
2 PM		
3 PM		
4 PM		
5 PM		
6 PM		
7 PM		
8 PM		
9 PM		
10 PM		
11 PM		

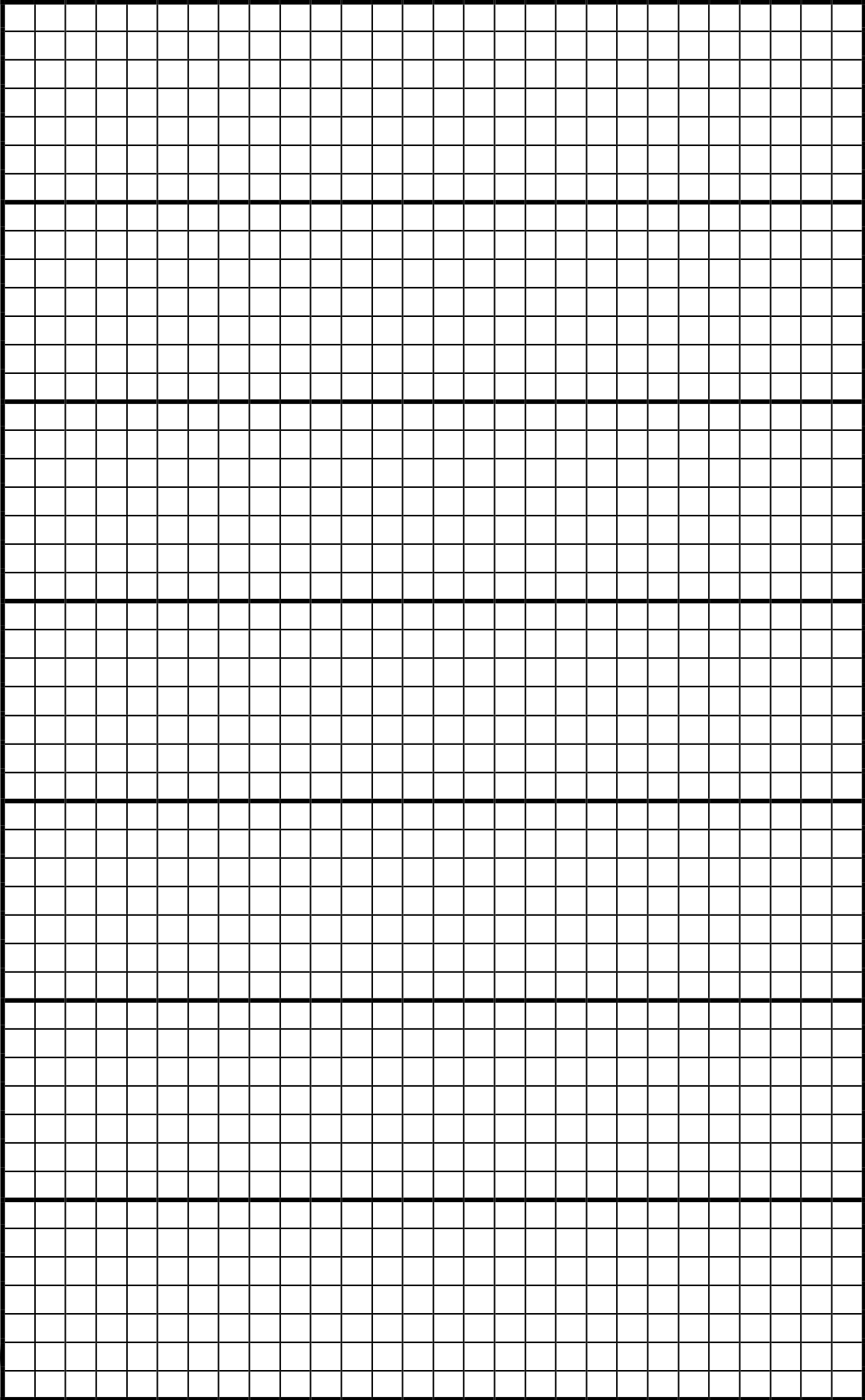
Schedule Key

☐ Not negotiable

☐ Somewhat flexible

☐ Free time

Use to plan free time or when you are busy. Try to find ways to make each day more active! Make up your own key. Have fun!



**Use for minutes of exercise, number of fruits and vegetables, record steps from your pedometer – you make up your own key! Have Fun!**

Month:

Goal:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Fill in the dates and label each month to make your own custom calendar!



Name:

Date:

## Action Planning Worksheet

What is the change I plan to make? Where do I want to be? What kind of timeline am I considering?

---

What are my main reasons for making this change?

---

Why is this change important to me?

---

What do I plan to accomplish with this change?

---

How do I plan to make this change? What strategies, tips, etc. do I plan to see?

---

What plans do I have in difficult times?

---

How can others in my life help me?

---

How will I monitor my progress?

---

How will I reward myself?

---

**On a scale of 1-10, how confident am I that I can accomplish my plan?**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
----------	----------	----------	----------	----------	----------	----------	----------	----------	-----------

Not at  
all confident

Totally  
Confident

## New Moves

### Where Are You Now?

*Instructions: Use the scales to fill in the blanks.*

1. Overall, how would you rate your progress since the New Moves class ended? \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

I didn't do well at all

I did great!

What went well these past few weeks?

What didn't go so well?

2. How motivated am I to:

exercise more? \_\_\_\_\_

make healthy choices? \_\_\_\_\_

journal? \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all motivated

totally motivated

3. How important is it right now to for me to:

exercise more? \_\_\_\_\_

make healthy choices? \_\_\_\_\_

journal? \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all important

totally important

4. Should I choose to do this, how confident am I that I can:

exercise more? \_\_\_\_\_

make healthy choices? \_\_\_\_\_

journal more? \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all confident

totally confident



# New Moves goals: How am I doing?

Choose fruits  
and veggies for snacks—  
at least 5 fruits and veggies  
a day.

Choose  
water instead  
of sweetened  
beverages like soda

Focus  
on your positive  
traits

Avoid  
diets  
and unhealthy weight  
control practices

Reduce "screen time"  
(ideally to an hour or  
less a day)

Be  
active  
everyday—  
aim for 1 hour  
each day.

Eat  
breakfast  
every day.

Pay attention  
to portion sizes and  
your body's signs of  
hunger and fullness