

Fitness Handouts For Health Fairs



Makeoverfitness LLC.
www.makeoverfitness.com
info@makeoverfitness.com

Exercise Log									
EXERCISE	SET1		SET2		SET3		REST (SECS BETWEEN SETS)	TIME CARDIO EXERCISES	LEVEL CARDIO EXERCISES
	WEIGHT/REPS		WEIGHT/REPS		WEIGHT/REPS				

Food Consumption Log							
MEAL	FOOD	CALORIE	AMOUNT	PROTEIN	CARB	FAT	BEVERAGES/ AMOUNT
BREAKFAST							
SNACK(1)							
LUNCH							
SNACK(2)							
DINNER							
SNACK(3)							

MEASUREMENTS	CHEST	ARMS	WAIST	HIPS	THIGHS	CALVES	BODY FAT %

Name: _____ Date: ___ / ___ / ___ Time: _____

Daily Nutrition Journal

	Food	Serving Size	Calories	Carbs (grams)	Protein (grams)	Fat
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						
Meal 6						
Total						

Name: _____ Date: ____/____/____ Time: _____

Walking Log Sheet

Date	Describe your Route	Time	Distance
Total for Week 1			
Date	Describe your Route	Time	Distance
Total for Week 2			

Good Carbohydrates List

Asparagus	Collard Greens	Onions	Apricots	Guava	Plums
Avocado	Corn	Potatoes and Sweet Potatoes	Bananas	Kiwifruit	Raisins
Beets	Cucumbers	Pumpkin	Strawberries	Limes and Lemons	Watermelon
Bell Peppers	Eggplant	Romaine Lettuce	Cantaloupe	Mangoes	Beans and Legumes
Broccoli	Garlic	Spinach	Cherries	Nectarines	Raw Nuts and Seeds
Brussels Sprouts	Green Beans and Green Peas	Squash	Dates	Oranges	Fat Dairy
Cabbage and Cauliflower	Mushrooms	Tomatoes	Figs	Papayas	Whole-Grain Pasta
Carrots	Mustard greens	Watercress	Fruit juices	Peaches and Pears	Brown Rice
Celery	Okra	Zucchini	Grapefruit	Persimmons	Blackberries
Collard Greens	Olives	Apples	Grapes	Pineapple	Raspberries