

# Healthy Weights for Healthy Kids Lesson Log

Group Name \_\_\_\_\_  
 Age of Youth \_\_\_\_\_  
 Number of Youth in Group \_\_\_\_\_  
 Program Assistant Name \_\_\_\_\_  
 Date Enrolled \_\_\_\_\_  
 Unit Name \_\_\_\_\_  
 Group Leader (s) \_\_\_\_\_  
 Date Completed \_\_\_\_\_

DELIVERY MODE (circle one)  
 A. Organized club  
 B. Special interest, short-term program & day camp  
 C. Overnight camp (resident, primitive, travel)  
 D. School enrichment program  
 E. Individual mentoring or family learning  
 F. School-age child care

Experiences for Lessons	Date Taught	Experiences Conducted	# of Children	Comments
<b>SMART FOODS</b>				
Constructing the FGP				
Nutrition Navigation				
Color Your Way				
Pyramid Practice				
<b>SMART CHOICES</b>				
Pyramid Practice				
Planning a Healthy Plate				
Sense of Time				
Tongue-tastic				
<b>SMART ACTIVITIES</b>				
Activity Charades				
Silly Songs				
Activitudes				
Calorie Countdown				
Labor-Saving Devices				
<b>SMART DRINKS</b>				
Sweet Sinsation				
Mix it Up				
Filter-buster				
<b>SMART SNACKS</b>				
Label Literacy				
Sandwich Something				
Grazing on Grains				
Commercializing Ourselves				
<b>SMART IMAGE</b>				
What's "Normal" Supposed ...				
Body Positive				
You Can't Judge a Book ...				
What's Important is Inside				

Total # Meetings \_\_\_\_\_

Total Contact Hours \_\_\_\_\_

LD  
#655  
A962  
No. 360-  
005  
Vpr  
Spee.

## Healthy Weights for Healthy Kids Lesson Log Instructions

This Lesson Log is to be used with all groups enrolled in 4-H EFNEP and SCNEP participating in the *Healthy Weights for Healthy Kids* program. It is a tool for planning and recording lessons provided to 4-H EFNEP/SCNEP youth. This information will also help us evaluate this program and make improvements. One Lesson Log form with completed Enrollment Information should be in each group folder and updated as lessons are taught. This lesson log consists of several parts that are described below, along with information on completing the form.

### Enrollment Information:

**Group Name** – A name that identifies the group.

**Age of Youth in Group** – The age or age range of youth in this group.

**Number of Youth in Group** – The total number of youth who are enrolled in this group.

**Program Assistant or Agent Name** – Name of person who is managing lessons for the enrolled group or guiding the volunteer through the lessons.

**Date Enrolled** – Date the Enrollment Form is completed.

**Unit Name** – Name of City or County (Extension Office) where group is located.

**Group Leader(s)** – Name(s) of the teacher implementing the Healthy Weights for Healthy Kids lessons. If a volunteer is providing the instruction, list the volunteer's name here.

**Date Completed** – Fill in the date when all six lessons have been completed for this group.

### Columns on the Lesson Log:

**Experiences for Lessons** – The choices of activities or experiences for each of the six lessons.

**Date Taught** – In this space place the month, day and year on which this lesson was provided.

**Experiences Conducted** – Make a check for each lesson experience taught for each lesson.

**Number of Children** - Place in this space the number of children present on that day for that lesson.

**Delivery Mode** – Select the code from the "Delivery Mode" square above that best describes the type of group that received the lesson.

**Comments** – Use this space to write in notes of interest, reactions, food tasted, etc.