

KIDS MARATHON TRAINING LOG

VERSION 1

CHILD'S NAME: _____

CHILD'S AGE ON RACE DAY: _____

KOS SITE NAME: _____

On this log, children will try a variety of colorful fruits, vegetables and beans. Children should eat 5 fruits, vegetables and beans from the various colors on the log. There is a BONUS 26th colorful food of their choice.

[illegible]

NUTRITION LOG			
		WHAT NEW FOOD DID YOU TRY?	DID YOU LIKE OR DISLIKE IT?
RED	1		
	2		
	3		
	4		
	5		
ORANGE	6		
	7		
	8		
	9		
	10		
GREEN	11		
	12		
	13		
	14		
	15		
PURPLE	16		
	17		
	18		
	19		
	20		
BROWN	21		
	22		
	23		
	24		
	25		
26			

See Kids Marathon Training Plan for submission info. Children must complete both columns to receive finisher prize.

KIDS MARATHON TRAINING LOG

VERSION 2

CHILD'S NAME: _____

CHILD'S AGE ON RACE DAY: _____

KOS SITE NAME: _____

This log is for children who are more advanced with their eating habits. Aim to get 3 or more nutrition goals accomplished each week. Check off completed goals in the box on your log each week.

[illegible]

NUTRITION LOG

WEEK	M	T	W	T	F
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					

NUTRITION GOALS

MON	<div>MEATLESS MONDAY</div> <div>Eat more vegetarian protein.</div>
TUES	<div>TOUGH BONES TUESDAY</div> <div>Eat more calcium-rich foods.</div>
WED	<div>WATER WEDNESDAY</div> <div>Swap out sugar-sweetened beverages</div>
THURS	<div>TAKE IT TO GO THURSDAY</div> <div>Pack a lunch today!</div>
FRI	<div>FIBER FRIDAY</div> <div>Eat more veggies and beans.</div>

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