

Questions?

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getactive.kirkvillecity.com



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GET ACTIVE!

KIRKSVILLE, MISSOURI

Healthy²⁰¹³ Handbook

Your eight week challenge



As a family or by yourself, set your fitness, nutrition and lifestyle goals and track your progress to improve your overall health!



Getting Started

1. Pick any eight weeks to complete your Healthy Handbook between the months of May and October.
2. Next fill in the challenge blanks with your personal goals.
3. Set your overall weekly point goal.
4. Track your daily progress and tally your final points at the end of the week.
5. Challenge yourself and increase your point goal each week!
6. Be on the lookout for the 3 weekly "Bonus Challenges". In order to receive the challenges make sure you are signed up with the City's Textcaster and or Facebook page.
 - If you are not signed up for the City's Textcaster program visit www.kirksvillecity.com to register.
 - Are you already on Textcaster with the City? Make sure you update your preferences to include Get Active, or email getactive@kirksvillecity.com with your phone number and we will update it for you.
 - To "Like" us on Facebook search for Kirksville Parks and Recreation.

For more information and resources or for links to register for Textcaster visit:

getactive.kirksvillecity.com

You set your goal...
Are you up
to the challenge?



Finishing Up

1. Once you have completed your eight week challenge take the end of program survey at getactive.kirksvillecity.com.
 - Make sure you have your Healthy Handbook in hand to report your weekly point goals and totals.
 - You will also be asked to answer a few short questions about your eight week journey.
2. After completing the survey stop by the Kirksville Aquatic Center and get your prize. All participants will get a prize!
3. All participants will be entered in the Grand Prize Drawing. The winner will be announced on November 7, 2013.

If you are unable to access the internet to complete the survey please visit the Kirksville Aquatic Center for a paper copy.

Tools For Your Challenge

Looking for help setting your goals, making things fun for your family, or finding activities to do? Visit getactive.kirksvillecity.com and check out the Program Tools. There you will find worksheets, websites, and an updated listing of community activities you can include in your challenge.

getactive.kirksvillecity.com

You set your goal...
Are you up
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Week EIGHT Point Goal: _____

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise _____ minutes							
Be active outside for _____ minutes							
Park in the furthest spot							
Stretch for _____ minutes							
<i>Make your own fitness goal:</i>							
<i>Make your own fitness goal:</i>							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink _____ ounces of water							
Eat _____ servings a fruit							
Eat _____ servings of veggies							
Stop eating by _____ pm							
<i>Make your own nutrition goal:</i>							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than _____ hours of TV							
Take _____ minutes to unwind							
Tell _____ people about your Get Active goal.							
Attend a class or program							
<i>Make your own lifestyle goal:</i>							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 22- 10 points							
Bonus Challenge # 23- 10 points							
Bonus Challenge # 24- 10 points							
Daily Totals:							

Week EIGHT Total Points: _____

Week ONE Point Goal: _____

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise _____ minutes							
Be active outside for _____ minutes							
Park in the furthest spot							
Stretch for _____ minutes							
<i>Make your own fitness goal:</i>							
<i>Make your own fitness goal:</i>							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink _____ ounces of water							
Eat _____ servings a fruit							
Eat _____ servings of veggies							
Stop eating by _____ pm							
<i>Make your own nutrition goal:</i>							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than _____ hours of TV							
Take _____ minutes to unwind							
Tell _____ people about your Get Active goal.							
Attend a class or program							
<i>Make your own lifestyle goal:</i>							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 1- 10 points							
Bonus Challenge # 2- 10 points							
Bonus Challenge # 3- 10 points							
Daily Totals:							

Week ONE Total Points: _____

Week TWO Point Goal: _____

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise _____ minutes							
Be active outside for _____ minutes							
Park in the furthest spot							
Stretch for _____ minutes							
<i>Make your own fitness goal:</i>							
<i>Make your own fitness goal:</i>							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink _____ ounces of water							
Eat _____ servings a fruit							
Eat _____ servings of veggies							
Stop eating by _____ pm							
<i>Make your own nutrition goal:</i>							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than _____ hours of TV							
Take _____ minutes to unwind							
Tell _____ people about your Get Active goal.							
Attend a class or program							
<i>Make your own lifestyle goal:</i>							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 4- 10 points							
Bonus Challenge # 5- 10 points							
Bonus Challenge # 6- 10 points							
Daily Totals:							

Week TWO Total Points: _____

Week SEVEN Point Goal: _____

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise _____ minutes							
Be active outside for _____ minutes							
Park in the furthest spot							
Stretch for _____ minutes							
<i>Make your own fitness goal:</i>							
<i>Make your own fitness goal:</i>							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink _____ ounces of water							
Eat _____ servings a fruit							
Eat _____ servings of veggies							
Stop eating by _____ pm							
<i>Make your own nutrition goal:</i>							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than _____ hours of TV							
Take _____ minutes to unwind							
Tell _____ people about your Get Active goal.							
Attend a class or program							
<i>Make your own lifestyle goal:</i>							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 19- 10 points							
Bonus Challenge # 20- 10 points							
Bonus Challenge # 21- 10 points							
Daily Totals:							

Week SEVEN Total Points: _____

Week SIX Point Goal: _____

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise _____ minutes							
Be active outside for _____ minutes							
Park in the furthest spot							
Stretch for _____ minutes							
<i>Make your own fitness goal:</i>							
<i>Make your own fitness goal:</i>							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink _____ ounces of water							
Eat _____ servings a fruit							
Eat _____ servings of veggies							
Stop eating by _____ pm							
<i>Make your own nutrition goal:</i>							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than _____ hours of TV							
Take _____ minutes to unwind							
Tell _____ people about your Get Active goal.							
Attend a class or program							
<i>Make your own lifestyle goal:</i>							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 16- 10 points							
Bonus Challenge # 17- 10 points							
Bonus Challenge # 18- 10 points							
Daily Totals:							

Week SIX Total Points: _____

Week THREE Point Goal: _____

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise _____ minutes							
Be active outside for _____ minutes							
Park in the furthest spot							
Stretch for _____ minutes							
<i>Make your own fitness goal:</i>							
<i>Make your own fitness goal:</i>							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink _____ ounces of water							
Eat _____ servings a fruit							
Eat _____ servings of veggies							
Stop eating by _____ pm							
<i>Make your own nutrition goal:</i>							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than _____ hours of TV							
Take _____ minutes to unwind							
Tell _____ people about your Get Active goal.							
Attend a class or program							
<i>Make your own lifestyle goal:</i>							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 7- 10 points							
Bonus Challenge # 8- 10 points							
Bonus Challenge # 9- 10 points							
Daily Totals:							

Week THREE Total Points: _____

Week FOUR Point Goal: _____

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise _____ minutes							
Be active outside for _____ minutes							
Park in the furthest spot							
Stretch for _____ minutes							
<i>Make your own fitness goal:</i>							
<i>Make your own fitness goal:</i>							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink _____ ounces of water							
Eat _____ servings a fruit							
Eat _____ servings of veggies							
Stop eating by _____ pm							
<i>Make your own nutrition goal:</i>							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than _____ hours of TV							
Take _____ minutes to unwind							
Tell _____ people about your Get Active goal.							
Attend a class or program							
<i>Make your own lifestyle goal:</i>							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 10- 10 points							
Bonus Challenge # 11- 10 points							
Bonus Challenge # 12- 10 points							
Daily Totals:							

Week FOUR Total Points: _____

Week FIVE Point Goal: _____

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise _____ minutes							
Be active outside for _____ minutes							
Park in the furthest spot							
Stretch for _____ minutes							
<i>Make your own fitness goal:</i>							
<i>Make your own fitness goal:</i>							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink _____ ounces of water							
Eat _____ servings a fruit							
Eat _____ servings of veggies							
Stop eating by _____ pm							
<i>Make your own nutrition goal:</i>							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than _____ hours of TV							
Take _____ minutes to unwind							
Tell _____ people about your Get Active goal.							
Attend a class or program							
<i>Make your own lifestyle goal:</i>							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 13- 10 points							
Bonus Challenge # 14- 10 points							
Bonus Challenge # 15- 10 points							
Daily Totals:							

Week FIVE Total Points: _____