Choose, Plan and Do–
Daily Physical Activity Planner

**CHOOSE** a favorite activity

<table>
<thead>
<tr>
<th>Outdoor Activities at Home</th>
<th>Outdoor Activities Away from Home</th>
<th>Indoor Activities</th>
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<tbody>
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Adults need at least 150 minutes a week of moderate physical activity or 30 minutes most days of the week. Adults should include muscle-strengthening activities that involve all major muscle groups two or more days a week. Children and adolescents need 60 minutes every day. Encourage a variety of moderate to vigorous activities including aerobic, muscle-strengthening and bone-strengthening for overall health.

**PLAN:** What is your goal? _______________ What is your goal for your children? _______________

<table>
<thead>
<tr>
<th>What I did</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Ex: Walking</td>
<td>30 minutes</td>
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<tr>
<td>Dancing</td>
<td>20 minutes</td>
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<td>20 minutes</td>
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<tr>
<td>Stretching</td>
<td>10 minutes</td>
<td>10 minutes</td>
<td>10 minutes</td>
<td>10 minutes</td>
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<tr>
<td>Stretch band routine</td>
<td>10 minutes</td>
<td>10 minutes</td>
<td>10 minutes</td>
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<tr>
<td>Play kickball with children</td>
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<td></td>
<td>30 minutes</td>
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<tr>
<td>Take a family walk</td>
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<td></td>
<td>30 minutes</td>
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**DO:** Check to see if you met your goal for the week.
Bran Muffins
Makes 12 servings | Serving Size: 1 muffin

Ingredients
- 1½ cups flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup sugar
- 2 cups bran cereal
- 1/4 cup raisins (optional)
- 1 egg
- 1 cup buttermilk
- 3 tablespoons vegetable oil

Directions
1. Put the flour in a mixing bowl.
2. Add salt, baking soda, and sugar. Mix well.
4. Make a well in the center of the dry mixture and set aside.
5. In another bowl, beat the eggs, buttermilk, and oil together.
6. Pour the egg mixture into the well of the cereal mixture and stir until all ingredients are moist.
7. Can be covered and stored up to 4 days.

To Bake
1. Preheat oven to 425°F. Spray or grease the bottoms of a muffin tin or use paper liners.
2. Fill the tins about 2/3 full.
3. Bake for 15 to 20 minutes, or until golden brown.

Nutrition information Per Serving
230 calories
Total Fat 6 g
Saturated Fat 1 g
Protein 5 g
Total Carbohydrate 39 g
Dietary Fiber 2 g
Sodium 240 mg
Iron
Excellent source of iron
Good source of calcium

Hints: You can choose a bran cereal with dried fruit for this recipe.
If you do not have buttermilk you can use dry buttermilk. Mix with water and use like regular buttermilk. Or substitute buttermilk by adding 1 tablespoon vinegar to 1 cup milk. Set mixture aside until ready to use.

Filling muffin pans is easier when you use a 1/4 cup dry measuring cup for regular muffins or a tablespoon measuring spoon for the mini-muffins.

Do not overfill the mini muffin pans as it will be difficult to remove muffins.

Analyzed with raisins