

RTE



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Special Olympics Ireland Health Tracking Journal Operation Transformation Challenge

This journal belongs to:

***Special
Olympics
Ireland***



How to measure your starting point for Week 1?

Weigh yourself or use a measuring tape to measure different parts of your body (shown on the next page)

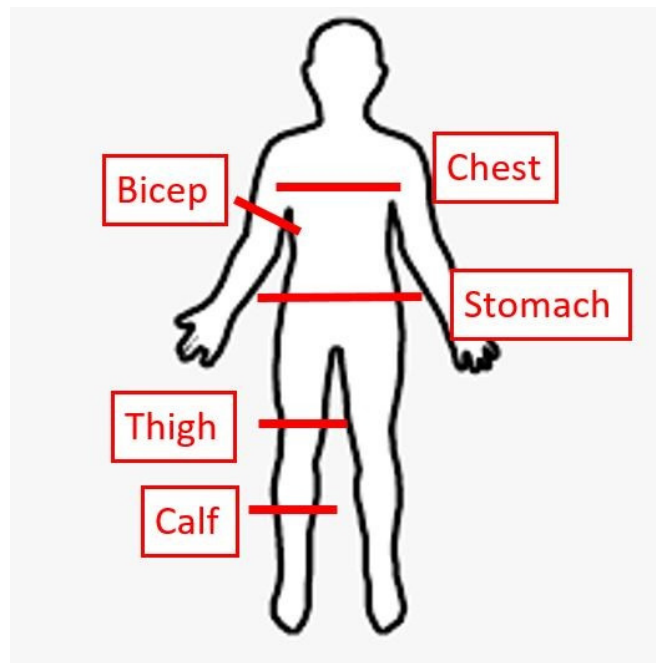


Measuring yourself is optional but it can be a good starting point to compare after the programme on how you have progressed by gaining muscle or losing weight. Your weight or measurements will not be discussed during the programme which is why you will do it at home in your own time.

Measuring

Starting Weight: _____kg/lbs

Areas to Measure with Measuring Tape



Bicep Left:	cm/inches
Bicep Right:	cm/inches
Chest:	cm/inches
Stomach:	cm/inches
Thigh Left:	cm/inches
Thigh Right	cm/inches
Calf Left:	cm/inches
Calf Right:	cm/inches

Healthy Eating

Food Pyramid/Eatwell Guide

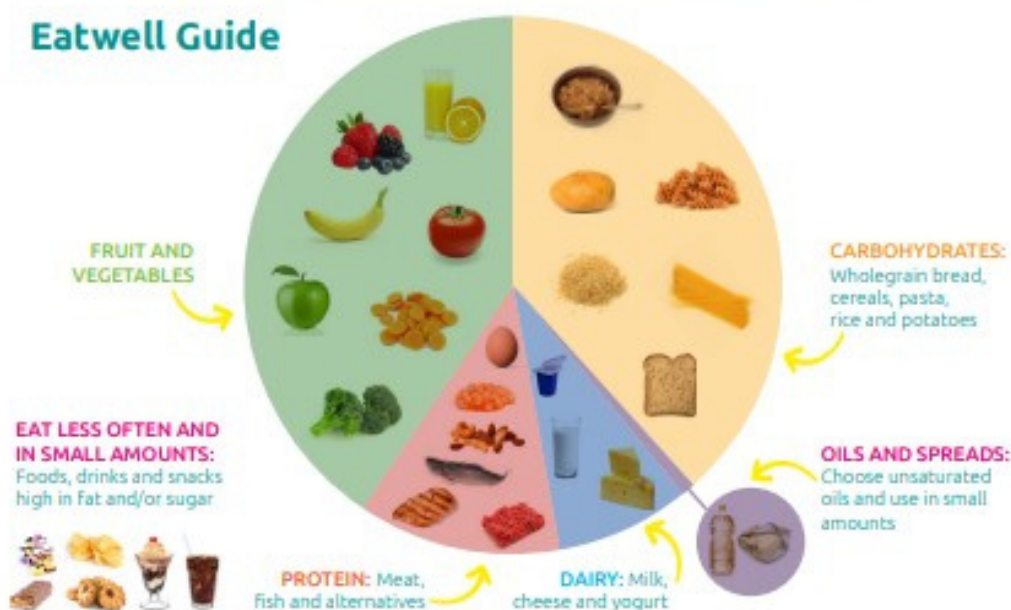
- Eating a healthy diet is very important.
- We need to eat the right foods so that our bodies work properly.
- The food pyramid/Eatwell Guide helps show us what foods to eat.



Food Pyramid



Eatwell Guide



Fruit and Vegetables



- The first section of the pyramid/plate is fruit and vegetables.
- We should eat **5-7 portions** from this section every day.
- A portion looks like:



Carbohydrates



- The second section of the pyramid/plate is carbohydrate.
- We should eat **3-5 portions** from this section every day.
- Examples: bread, potatoes, cereal, pasta and rice.





Dairy



- The third section of the pyramid/plate is dairy.
- We should eat **2-3 portions** from this section every day.
- Examples: milk, cheese and yogurt.



Protein



- The fourth section of the pyramid/plate is protein.
- We should eat **2-3 portions** from this section every day.
- Examples: meat, fish, eggs and beans.



Foods High in Fat, Sugar & Salt

FEW
PORTIONS

- The last section of the pyramid/plate is the smallest section.
- We should **limit these foods**.
- Examples: chocolate, crisps, sweets and butter.
- Choose a reduced fat spread instead of butter, and use olive or rapeseed oil in cooking.



Water

- Although water is not on the pyramid it is very important.
- Our bodies are made up more than half with water.
- We lose water when we sweat and go to the toilet.
- We must drink plenty of water to keep our body healthy.
- Try to drink **8 glasses or 4 bottles** of water every day.



x 8

Portion Size

1 Carbohydrate Portion =

1
PORTION



1 medium
slice of bread



1/2
bagel



3 dessertspoons
of rice



1 small
bowl of cereal



1 medium
potato



3 dessertspoons
of pasta

1 Fruit or Vegetable Portion =



1 medium
sized fruit



1 small glass
(150ml)



2 small
fruit



3 dessertspoons of
cooked vegetables



1 cereal sized bowl of
vegetable soup/salad

1 Dairy Portion =



1 small
piece of
cheese

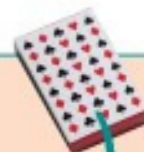


1 glass
of milk



1 small pot
of yogurt

1 Protein Portion = a serving the size of a deck of cards:



1 Essential Fat Portion =



1 heaped
teaspoon of
reduced fat
spread



1 teaspoon of oil

Healthy Takeaway Tips

- Choose thin crust pizzas and add extra vegetables.



- Choose plain boiled rice instead of fried rice.

























































































































- Avoid battered dishes like sweet and sour and choose a stir fry instead.



Food & Water Diary

To fill in your Food & Water Diary, tick a box each time you eat or drink one portion from each group*. There are separate columns for each day. **Good Luck!**



Fruit & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	     	     	     	     	     	     	     
Carbohydrates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	   	   	   	   	   	   	   
Dairy	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 	 	 	 	 	 	 
Protein	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 	 	 	 	 	 	 
Foods High in Fat, Sugar & Salt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	No ticks here is very good!	No ticks here is very good!	No ticks here is very good!	No ticks here is very good!	No ticks here is very good!	Reward yourself with a treat today!	Reward yourself with a treat today!
Water	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 	 	 	 	 	 	 

*use a pencil so you can rub out the ticks and use it again the following week.

Physical Activity Pyramid



Track your Physical Activity



Special Olympics Ireland - Health Programme

Physical Activity Diary



Tick the appropriate box every day if you have performed the activity, if you haven't*

Strength & Flexibility 2-3		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Aerobic Exercises 5		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Everyday Activities Every Day		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*use a pencil so you can rub out the ticks and use it again the following week.

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The Special Olympics Step Challenge

A step challenge can be great fun while boosting fitness for both athletes and volunteers in a club. You can take part in the challenge individually or break into teams.

Many people now own a smartphone or tracking device such as a Fitbit which will count daily steps easily. Alternatively low cost pedometers can be purchased by individuals or the club to track steps taken. You may even have a local sponsor who would like to fund this for you.

Why take on the challenge?

Walking is a super exercise for many different ages and abilities, it is free to do, can be done almost anywhere and requires no expensive equipment.

Walking:

- Helps us build muscle.

- Is great for our heart.
- Can help us control our weight.
- Makes us feel happy.

How many steps should we be taking?

The aim is to work towards taking 10,000 steps each day (this is about 5 miles or 8km). It does sound like a lot but remember you may already be doing quite a lot of steps without realising it. It's important you wear your tracker all day so all of your steps are counted.

STEPS	PROGRESS
1,999 or less	Good start, let's keep going.
2000-3999	Well done, keep at it.
4000-5999	Great job! You are getting there.
6000-7999	You're doing brilliantly, almost there.
8000-9999	Super stepping, only a little more to go.
10,000 +	Excellent work- you've hit your daily goal!

For More Resources

Please visit:

**[https://www.specialolympics.ie/
health-promotion-resources](https://www.specialolympics.ie/health-promotion-resources)**

**Don't forget to follow athlete
Una Coates journey on
Operation Transformation on our
social media channels
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