

Wander Outside This Winter!

A kids' winter
activity &
nutrition log.

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Wander Outside



Ski, Slide, Jump, Play!
30 minutes every day!

Get out and play this winter! Whether you go sledding, tubing, ice skating, alpine or nordic skiing, snowboarding, snowshoeing, walking, running or just playing in the snow, it will make you feel good and you will have fun too!

Bundle up and head outside! You will be toasty warm and you'll want to play until dark!



My Activities for this Week:

ACTIVITY	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Skiing/Snowboarding								
Alpine Skiing/Snowboarding								
Sledding/Tubing								
Snowshoeing/ Ice Skating								
Walking/Running/Playing								

Use the charts in this book to keep track of your activities each week! Turn the page and fill in the date of the first week you want to start logging your winter activities! Try to get outside and do a winter activity every day for at least 30 minutes. Some days the weather may be too cold or stormy and you won't be able to go outside. Don't worry! If you try to get out 6 times per week that is great! If there is no snow, you can still go outside and find other fun things to do! Just run around the yard or walk or play tag!

Each time you go out and play, mark the box on the chart for that day!

Log your activities!
For 8 weeks!



This Winter!

How to use this book



Log your NUTRITION!
Fruits and Veggies rule!

Your body needs good fuel to give you energy! Use the charts in this book to log each serving of fruit or vegetables you eat! Three servings of each per day will keep your fuel tank full! Pack an apple or some carrots for your lunch or put a banana on your breakfast cereal!

My Fruity Fuel for this Week:

NUTRITION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Fruit (1 serving)								
Fruit (2 servings)								
Fruit (3 servings)								

My Veggie Fuel for this Week:

NUTRITION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Veggie (1 serving)								
Veggie (2 servings)								
Veggie (3 servings)								

Reach your goal and enjoy your success!
Start new habits!

You will feel fantastic and have lots of energy! After the eight weeks of outdoor winter activity and healthy eating, you will have formed new habits that can last a lifetime! Before you know it, winter will be over and you will wish it was longer! Who knows? Winter could become your very favorite season!



My Activities & Nutrition for the Week of: _____



Let's Go Sledding!

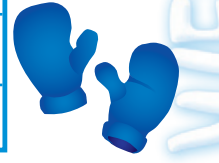
It's snoooowing! Grab your sled or a piece of cardboard and bundle up in your winter coat, hat and mittens! Go sledding on a hill that's free of trees and has a safe finish. Feel the brisk wind on your face as you *fly* down the hill! It'll be so much fun you will want to do it again and again and again!

YES! I reached all my goals for this week!

My Activities for this Week:

(Goal: 1 per day)

ACTIVITY:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Nordic Skiing								
Alpine Skiing/Snowboarding								
Sledding/Tubing								
Snowshoeing/Ice Skating								
Walking/Running/Playing								



My Veggie Fuel for this Week:

(Goal: 3 per day)

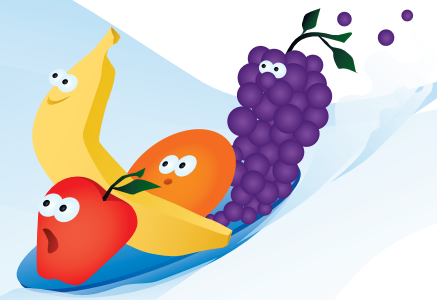


NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Veggies (1st serving)								
Veggies (2nd serving)								
Veggies (3rd serving)								

My Fruity Fuel for this Week:

(Goal: 3 per day)

NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Fruit (1st serving)								
Fruit (2nd serving)								
Fruit (3rd serving)								



My Activities & Nutrition for the Week of: _____



Let's build a SNOWMAN!

It's snowman snow! The fresh snow is soft and wet! Hurry up and go out there while it's still sticky! How big can you roll each snowball? They may get too big to lift by yourself! Take a look in the kitchen! Are there raisins to make a mouth? A carrot for the nose? Almonds or walnuts for the eyes? Grab an old hat to keep his head warm and some twigs for his arms. He's all dressed up. Now let's watch. Do any birds or animals enjoy his winter face?

YES! I reached all my goals for this week!

My Activities for this Week:

(Goal: 1 per day)

ACTIVITY:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Nordic Skiing								
Alpine Skiing/Snowboarding								
Sledding/Tubing								
Snowshoeing/Ice Skating								
Walking/Running/Playing								



My Veggie Fuel for this Week:

(Goal: 3 per day)

NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Veggies (1st serving)								
Veggies (2nd serving)								
Veggies (3rd serving)								

My Fruity Fuel for this Week:

(Goal: 3 per day)

NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Fruit (1st serving)								
Fruit (2nd serving)								
Fruit (3rd serving)								



WEEK TWO



My Activities & Nutrition for the Week of: _____

Let's go ice SKATING!

Head to the rink! Put on your ice skates, hat and mittens and get out on the ice! Take a friend with you to get you started. Your ankles may wobble at first, and you may fall, but that's OK! Just get up and try again! Before you know it, you will be gliding around the rink and trying new tricks!

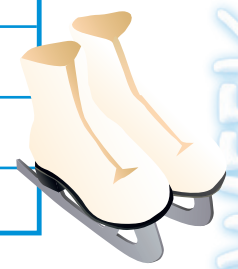


YES! I reached all my goals for this week!

My Activities for this Week:

(Goal: 1 per day)

ACTIVITY:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Nordic Skiing								
Alpine Skiing/Snowboarding								
Sledding/Tubing								
Snowshoeing/Ice Skating								
Walking/Running/Playing								



WEEK THREE

My Veggie Fuel for this Week:

(Goal: 3 per day)



NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Veggies (1st serving)								
Veggies (2nd serving)								
Veggies (3rd serving)								

My Fruity Fuel for this Week:

(Goal: 3 per day)

NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Fruit (1st serving)								
Fruit (2nd serving)								
Fruit (3rd serving)								



My Activities & Nutrition for the Week of: _____



Let's go NORDIC SKIING!

You don't need a hill for this kind of skiing! You can go up or down or ski across a flat area with these special skis! First learn to shuffle and glide with no poles. Just go outside and make your own trail around your yard or playground! The next time around you will glide faster! If there's a small uphill, just turn sideways and side step up! When you get to the top, you can glide down! Weeeeeee!

YES! I reached all my goals for this week!

My ACTIVITIES for this Week:

(Goal: 1 per day)

ACTIVITY:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Nordic Skiing								
Alpine Skiing/Snowboarding								
Sledding/Tubing								
Snowshoeing/Ice Skating								
Walking/Running/Playing								



My VEGGIE FUEL for this Week:

(Goal: 3 per day)



NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Veggies (1st serving)								
Veggies (2nd serving)								
Veggies (3rd serving)								

My FRUITY FUEL for this Week:

(Goal: 3 per day)

NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Fruit (1st serving)								
Fruit (2nd serving)								
Fruit (3rd serving)								



My Activities & Nutrition for the Week of: _____

Let's go SNOWSHOEING!

The snow is deep, light and fluffy! You're sinking up to your waist when you walk in it! Let's find snowshoes to stay on top of the snow and go exploring! The local nature center may be just the place. They'll loan you snowshoes and take you on a hike. You'll see animal tracks and learn who they belong to. It's fun to learn outside.

YES! I reached all my goals for this week!

My ACTIVITIES for this Week:

(Goal: 1 per day)

ACTIVITY:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Nordic Skiing								
Alpine Skiing/Snowboarding								
Sledding/Tubing								
Snowshoeing/Ice Skating								
Walking/Running/Playing								

My VEGGIE FUEL for this Week:

(Goal: 3 per day)

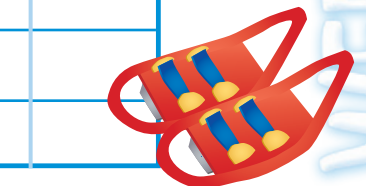
NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Veggies (1st serving)								
Veggies (2nd serving)								
Veggies (3rd serving)								

My FRUITY FUEL for this Week:

(Goal: 3 per day)

NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Fruit (1st serving)								
Fruit (2nd serving)								
Fruit (3rd serving)								

WEEK FIVE



WEEK SIX

My Activities & Nutrition
for the Week of: _____



Let's go out and play in The snow!

The sun is shining on the snow! It looks just right to run and jump and twist and turn. You kick up snow and watch it sparkle. Build a snow fort or play tag! Take a break and lie down flat. Move your arms and feet like jumping jacks. Now jump up quick and take a look at a perfect snow angel. Oh so cool!



YES! I reached all my goals for this week!

My Activities for this Week:

(Goal: 1 per day)

ACTIVITY:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Nordic Skiing								
Alpine Skiing/Snowboarding								
Sledding/Tubing								
Snowshoeing/Ice Skating								
Walking/Running/Playing								

WEEK SIX

My Veggie Fuel for this Week:

(Goal: 3 per day)



NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Veggies (1st serving)								
Veggies (2nd serving)								
Veggies (3rd serving)								

My Fruity Fuel for this Week:

(Goal: 3 per day)

NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Fruit (1st serving)								
Fruit (2nd serving)								
Fruit (3rd serving)								



My Activities & Nutrition
for the Week of: _____



Let's go
**ALPINE SKIING OR
SNOWBOARDING!**

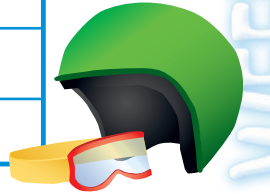
Take your pick, they are both a kick!
You can rent the gear you need very easily. Wear a helmet and buckle up tight. Speeding downhill may give you a fright. Take a lesson to learn to turn. A bump and a jump, as you learn to stop.

YES! I reached all my goals
for this week!

My Activities for this Week:

(Goal: 1 per day)

ACTIVITY:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Nordic Skiing								
Alpine Skiing/Snowboarding								
Sledding/Tubing								
Snowshoeing/Ice Skating								
Walking/Running/Playing								



My Veggie FUEL for this Week:

(Goal: 3 per day)

NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Veggies (1st serving)								
Veggies (2nd serving)								
Veggies (3rd serving)								



My Fruity FUEL for this Week:

(Goal: 3 per day)

NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Fruit (1st serving)								
Fruit (2nd serving)								
Fruit (3rd serving)								



WEEK SEVEN

WEEK SEVEN

My Activities & Nutrition
for the Week of: _____



Let's go TUBiNg!

Let's go Tubing! An old car inner tube is just the ticket! If it has a hole, a patch kit will fix it. Blow it up with air. You're ready to push it. The perfect hill is gentle and open. You flop on the center and *woosh*, you're flying! Race up the hill again and again. Before you know it, it's time to go!

YES! I reached all my goals
for this week!

My Activities for this Week:

(Goal: 1 per day)

ACTIVITY:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Nordic Skiing								
Alpine Skiing/Snowboarding								
Sledding/Tubing								
Snowshoeing/Ice Skating								
Walking/Running/Playing								



My Veggie Fuel for this Week:

(Goal: 3 per day)



NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Veggies (1st serving)								
Veggies (2nd serving)								
Veggies (3rd serving)								

My Fruity Fuel for this Week:

(Goal: 3 per day)

NUTRITION:	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Fruit (1st serving)								
Fruit (2nd serving)								
Fruit (3rd serving)								





Wander Outside This Winter!

SKI, SLIDE, JUMP, PLAY!

30 minutes every day!

Don't stop just because you got to the end of this book!
Keep up the good habits you have formed this winter and go out and be active all year long! You will enjoy a lifetime of feeling good and having fun!



This book was produced by the Central Cross Country Ski Association (CXC). CXC provides an organization which enables athletes, coaches and officials to achieve excellence in cross country skiing through: EDUCATION, COOPERATION, COMMUNICATION, and COMPETITION. www.cxcskiing.org