

*Exercise*

*Body*

*Active*

*Mind*

*Sleep*

*Energy*



*Nutrition*

*Routine*

*Support*

# MAUS FIT

*Balance*

*Mental*

*Emotional*

*Motivation*

*Healthy Choice Challenge*



# MAVS FIT

**The Dallas Mavericks challenge you to make healthy choices as part of your daily routine. Throughout this year, stay Mavs FIT by following the steps on each page!**

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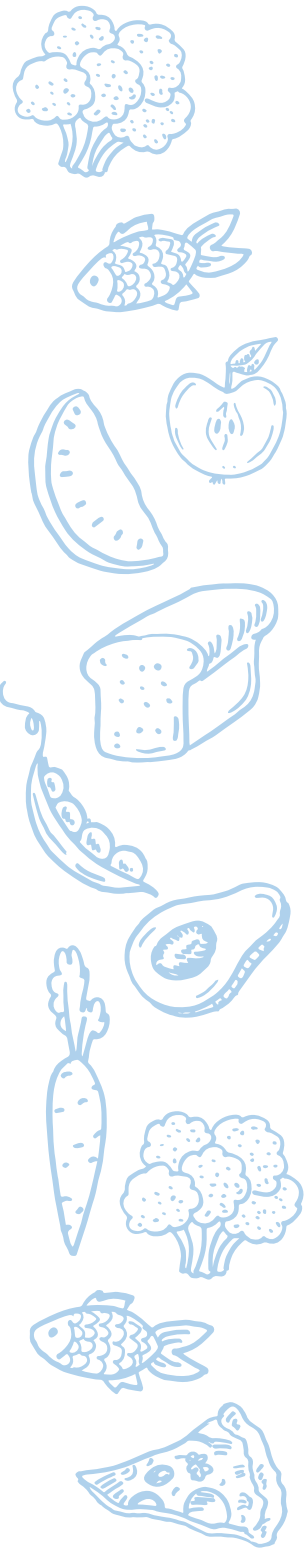


# Maintain a Nutritious Diet

A nutritious diet involves managing how much and what types of food you eat and beverages you drink. Try to replace foods high in sugar, salt and unhealthy fats with fruits, vegetables, whole grains, low-fat protein and fat-free or low-fat dairy.

**Track your meals daily. For each day, rank how your diet made your body and your mind feel.**

WEEK 1	Breakfast	Lunch	Dinner	Snack	How You Feel Today:
EXAMPLE	Cereal	Tacos	Chicken	Apple	Great!
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					
WEEK 2	Breakfast	Lunch	Dinner	Snack	How You Feel Today:
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					





# Stay Hydrated

Drinking water is the best way to stay hydrated and to fuel your body and mind to perform your best!

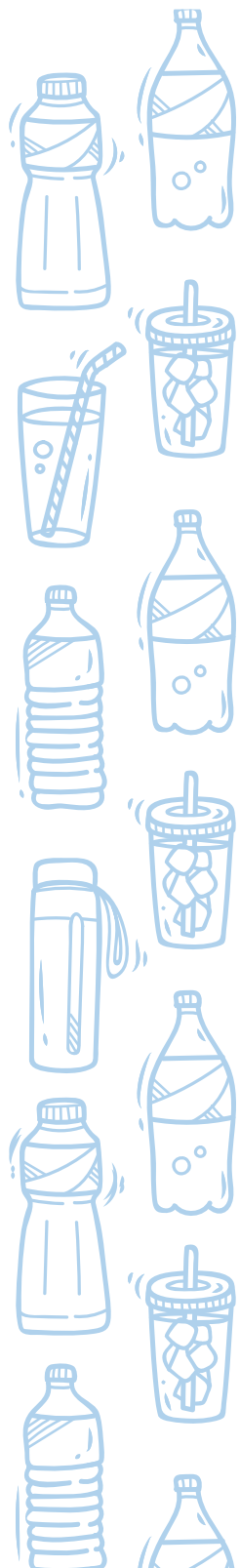
**Each day, fill in a water drop for every 8oz of water you drink.**

WEEK 1	1	2	3	4	5	6	7	8	9
DAY 1	○	○	○	○	○	○	○	○	○
DAY 2	○	○	○	○	○	○	○	○	○
DAY 3	○	○	○	○	○	○	○	○	○
DAY 4	○	○	○	○	○	○	○	○	○
DAY 5	○	○	○	○	○	○	○	○	○
DAY 6	○	○	○	○	○	○	○	○	○
DAY 7	○	○	○	○	○	○	○	○	○

WEEK 2	1	2	3	4	5	6	7	8	9
DAY 1	○	○	○	○	○	○	○	○	○
DAY 2	○	○	○	○	○	○	○	○	○
DAY 3	○	○	○	○	○	○	○	○	○
DAY 4	○	○	○	○	○	○	○	○	○
DAY 5	○	○	○	○	○	○	○	○	○
DAY 6	○	○	○	○	○	○	○	○	○
DAY 7	○	○	○	○	○	○	○	○	○

## Why Water?

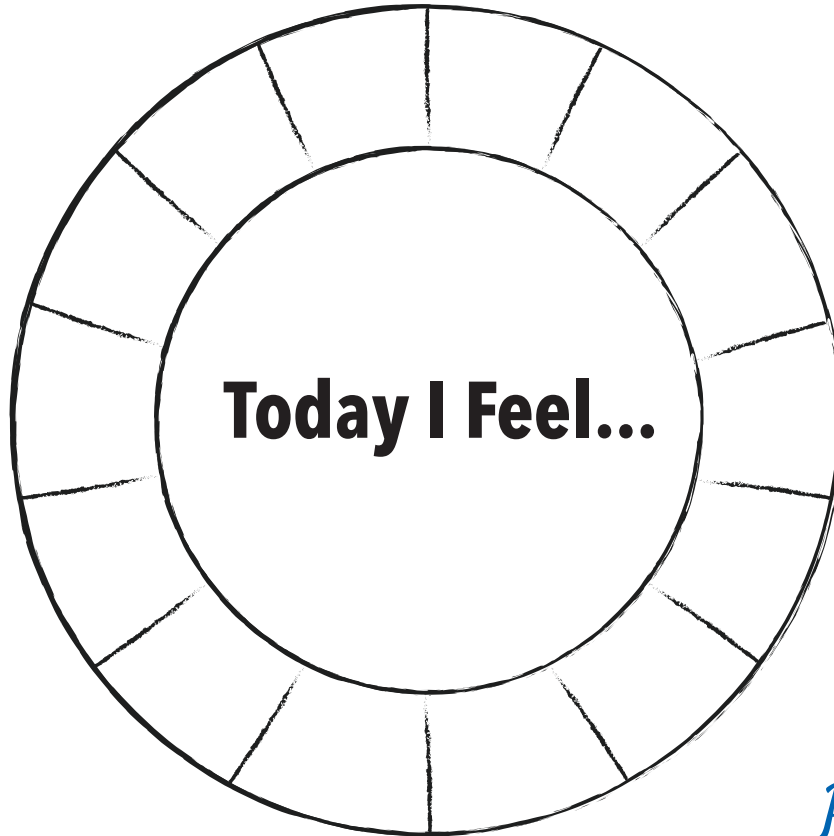
- Keeps your mind sharp
- Moisturizes skin
- Prevents headaches
- Decreases muscle cramps
- Boosts immune system
- Supports a healthy weight
- Cuts out extra sugars from other drink options



# Listen to Your Body & Mind

Tracking your moods and feelings each day can help you understand how you are feeling and see what may be causing your different moods. This can help you better gain control over your emotions and thoughts throughout the week.

**Over the next two weeks try to record your moods each day.** Use a different color for each mood on the wheel. At the end of each week, see if you can relate certain scenarios or events that may have changed your mood. What can you do to help control your moods and feelings?



*Pro Tip: Use your Mavs headphones with calming or energizing music to help regulate these emotions!*

# Limit Screen Time

Limiting screen time such as games, tv, computer and cell phone use outside of school and work can allow you to enjoy more activities during the evenings and weekends or spend more time focusing on education or fitness goals.

**Each day, track how many hours you spend on a screen after school and/or work.**

WEEK 1	1	2	3	4	5	6	7	8
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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"/>

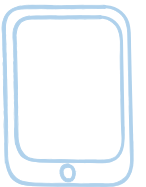
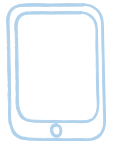
WEEK 2	1	2	3	4	5	6	7	8
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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"/>

*How many days did you spend more than 2 hours on a screen? How many extra hours would you spend per month? List 5 alternate activities that could be done during this time:*

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_



FOLLOW





# Stay Active

Staying active should be a part of your daily routine, whether you play sports, take classes in school or travel by biking or walking places! 60 minutes of physical activity a day can help you manage weight, have strong muscles and bones and relieve stress.

**Track your activity minutes for each day.** The Mavs challenge you to put in your headphones, pump up the music and get moving!

## Ideas to get 60 Minutes!

*10 minutes walking to a friend's house or school*

+

*30 minutes playing basketball*

+

*10 minutes walking a pet or having a dance off*

+

*10 minutes walking home from a friend's house or school*

=

*60 minutes of activity!*

### WEEK 1

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

### WEEK 2

# Use Balance

Have you ever heard the phrase "everything in moderation"? This is a great rule to remember as we challenge ourselves to be mentally and physically fit. You can enjoy your favorite foods, favorite TV shows and hang out with your favorite people, but you should limit the amount of unhealthy decisions you make each week.

**Each day, circle which activity you spent the most amount of time on:**

MON	TUE	WED	THU	FRI	SAT	SUN
<i>family</i>	<i>family</i>	<i>family</i>	<i>family</i>	<i>family</i>	<i>family</i>	<i>family</i>
<i>friends</i>	<i>friends</i>	<i>friends</i>	<i>friends</i>	<i>friends</i>	<i>friends</i>	<i>friends</i>
<i>tech</i>	<i>tech</i>	<i>tech</i>	<i>tech</i>	<i>tech</i>	<i>tech</i>	<i>tech</i>
<i>sports</i>	<i>sports</i>	<i>sports</i>	<i>sports</i>	<i>sports</i>	<i>sports</i>	<i>sports</i>
<i>education</i>	<i>education</i>	<i>education</i>	<i>education</i>	<i>education</i>	<i>education</i>	<i>education</i>
<i>self care</i>	<i>self care</i>	<i>self care</i>	<i>self care</i>	<i>self care</i>	<i>self care</i>	<i>self care</i>
<i>sleep</i>	<i>sleep</i>	<i>sleep</i>	<i>sleep</i>	<i>sleep</i>	<i>sleep</i>	<i>sleep</i>
<i>work</i>	<i>work</i>	<i>work</i>	<i>work</i>	<i>work</i>	<i>work</i>	<i>work</i>
<i>music</i>	<i>music</i>	<i>music</i>	<i>music</i>	<i>music</i>	<i>music</i>	<i>music</i>
<i>fitness</i>	<i>fitness</i>	<i>fitness</i>	<i>fitness</i>	<i>fitness</i>	<i>fitness</i>	<i>fitness</i>
<i>club/extra-curricular</i>	<i>club/extra-curricular</i>	<i>club/extra-curricular</i>	<i>club/extra-curricular</i>	<i>club/extra-curricular</i>	<i>club/extra-curricular</i>	<i>club/extra-curricular</i>

*What did you spend the most time doing this week? Was it on school, friends, sports or family?  
What would you like to do more of next week? Think about ways you can find balance to enjoy it all!*



# Get Plenty of Sleep

Sometimes it can be hard to get enough sleep every night of the week, especially if you work, help take care of family, are busy with extracurricular activities or school work. However, getting enough sleep is very important to staying healthy.

**Circle the time you slept each night below and compare to the energy you have each day.** What days do you have the most energy at school, during activities or at home? Which days do you feel tired or like you are not performing your best?

WEEK 1	Hours Slept	Energy the Next Day
DAY 1	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 2	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 3	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 4	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 5	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 6	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 7	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH

WEEK 2	Hours Slept	Energy the Next Day
DAY 1	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 2	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 3	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 4	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 5	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 6	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH
DAY 7	9p 10p 11p 12p 1a 2a 3a 4a 5a 6a 7a 8a 9a 10a	LOW MED HIGH

*Recommended  
Sleep Amounts:*

*Ages 6-13 should  
get 9-11 hours*

*Ages 14-17 should  
get 8-10 hours*

*Ages 18-25 should  
get 7-9 hours*



# Identify & Use Your Support System

Friends, families, teachers, and mentors can be a big help when you have different emotions related to the different activities you are involved in. Instead of keeping these emotions to yourself, find people who you trust or respect to help!

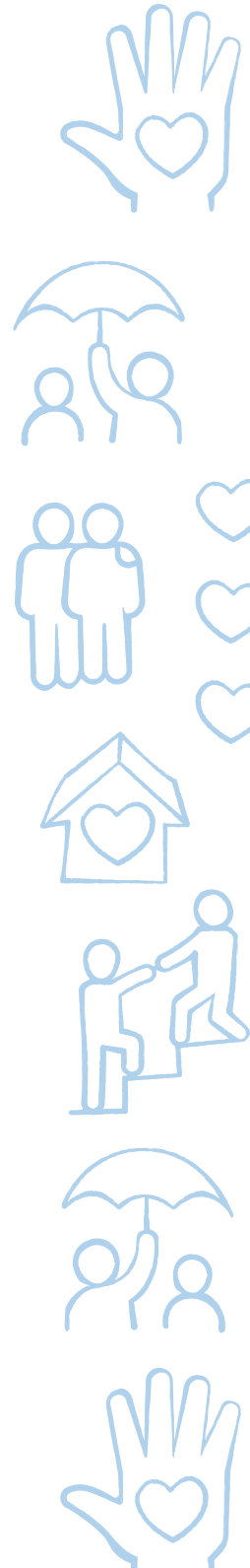
**Write the name of the person you trust to talk to in each situation.**



## Rewind:

*Look back at your different moods from the Mood Tracker on page 4.*

*Who do you turn to when you have these different moods and emotions?*



*Exercise*

*Body*

*Active*

*Sleep*

*Mind*

*Health*

*Energy*



# MAVS FIT

*Routine*

*Balance*

*Support*

*Nutrition*

Keep Going! Use those steps throughout the year to continue to be Mavs FIT!

Parents can download blank booklets at [MAVS.COM/MAVSFIT](https://MAVS.COM/MAVSFIT)

*Mental*

*Emotional*

*Motivation*

**SHARE YOUR MAVS FIT STORY: @MAVSOFFCOURT #MAVSFIT**