Name: Class #: Date of Birth: Height:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Week** | **Center of Balance** | **BMI** | **Weight**  **(lbs.)** | **Wii Fit**  **Age** | **Calories Burned** |
| 10.25 | 11 | % L 606 % R 394 | 29.56 | 150.5 | 31 |  |
|  | 12 | % L % R |  |  |  |  |
| 11.08-10 | 13 | % L 475 % R 52.5 | 29.75 | 151 | 40 | 22 |
|  | 14 | % L % R |  |  |  |  |
|  | 15 | % L % R |  |  |  |  |
|  | 16 | % L % R |  |  |  |  |

***\* Wii Fit Goal – To be completed during first use of Wii Fit Plus & each time student resets his/her weight goal***

Date: 10-5 Lose/Gain 2 lbs. in 2 weeks/months *(which is -2 lbs. every 2 weeks)*

Date: Lose/Gain 6 lbs. in 2 weeks/months *(which is -1.4 lbs. every 2 weeks)*

Date: Lose/Gain lbs. in weeks/months *(which is lbs. every 2 weeks)*

Date: Lose/Gain lbs. in weeks/months *(which is lbs. every 2 weeks)*

Date: Lose/Gain lbs. in weeks/months *(which is lbs. every 2 weeks)*

Date: Lose/Gain lbs. in weeks/months *(which is lbs. every 2 weeks)*