

Villa Vitality log book

Please complete this log book whilst your class are participating in the 6 week Villa Vitality programme. If you have any questions please do not hesitate to contact us (0121 414 3921 or t.l.griffin.1@bham.ac.uk).

Once you have completed this log book please return to:

WAVES study, Public Health Building, University of Birmingham, Edgbaston, Birmingham, B15 2TT.

Content	Page
Villa Vitality Day One log sheet	1
Villa Vitality School Project log sheet	2
Villa Vitality challenge 1	3
Villa Vitality challenge 2	4
Villa Vitality challenge 3	5
Villa Vitality challenge 4	6
Villa Vitality Day Two log sheet	7
Villa Vitality challenge 5	8
Villa Vitality challenge 6	9
Villa Vitality Day Three log sheet	10

Villa Vitality Day One

- 1. Date of visit:
- 2. Time spent arranging Villa Vitality **Day One** visit (including liaising with Villa Vitality staff, obtaining parental consent (etc):

..... Hours Minutes

3. Number of Year 2 children from your class that attended Villa Vitality Day One:

..... out of

4. Names of children not attending with reasons why:

5. Please complete the table below with details for each of the school staff that attended with your class:

Name of staff	Position	What would they have been doing if they hadn't attended Villa Vitality Day One?

Villa Vitality School Project <u>The V Factor</u>

1. Amount of time in total you spent preparing for the V factor project:

..... Hours Minutes

2. What would you have been doing if you hadn't been preparing for the V factor project?

3. Amount of class time you spent delivering / working on the V factor project?:

..... Hours Minutes

4. What would you have been doing with your class if you hadn't been spending time **delivering / working on** the V factor project?

5. Any issues / comments about the V factor project?:

<u>Villa Vitality Challenges – Week One</u> 60 minutes of activity each day

1. Amount of time in total you spent preparing for Challenge One:

..... Hours Minutes

2. What would you have been doing if you hadn't been preparing for Challenge One?

3. Amount of class time you spent delivering Challenge One:

..... Hours Minutes

4. What would you have been doing with your class if you hadn't been spending time delivering Challenge One?

5. Number of children that completed Challenge One:

..... out of

6. Reasons (if known) for children not completing Challenge One:

7. Any issues / comments about Challenge One:

Villa Vitality Challenges – Week Two

Swap a snack each day

1. Amount of time in total you spent preparing for Challenge Two:

..... Hours Minutes

2. What would you have been doing if you hadn't been preparing for Challenge Two?

3. Amount of class time you spent delivering Challenge Two:

..... Hours Minutes

4. What would you have been doing with your class if you hadn't been spending time delivering Challenge Two?

5. Number of children that completed Challenge Two:

..... out of

6. Reasons (if known) for children not completing Challenge Two:

7. Any issues / comments about Challenge Two:

Villa Vitality Challenges – Week Three

Drink more water each day

1. Amount of time in total you spent preparing for Challenge Three:

..... Hours Minutes

2. What would you have been doing if you hadn't been preparing for Challenge Three?

3. Amount of class time you spent delivering Challenge Three:

..... Hours Minutes

4. What would you have been doing with your class if you hadn't been spending time delivering Challenge Three?

5. Number of children that completed Challenge Three:

..... out of

6. Reasons (if known) for children not completing Challenge Three:

7. Any issues / comments about Challenge Three:

Villa Vitality Challenges – Week Four Eat a healthy breakfast each day

1. Amount of time in total you spent preparing for Challenge Four:

..... Hours Minutes

2. What would you have been doing if you hadn't been preparing for Challenge Four?

3. Amount of class time you spent delivering Challenge Four:

..... Hours Minutes

4. What would you have been doing with your class if you hadn't been spending time delivering Challenge Four?

5. Number of children that completed Challenge Four:

..... out of

6. Reasons (if known) for children not completing Challenge Four:

7. Any issues / comments about Challenge Four:

Villa Vitality Day Two

1. Date of visit by coach to the school :

2. Time spent arranging Villa Vitality Day Two visit (including liaising with Villa Vitality staff, booking hall (etc)):

..... Hours Minutes

3. Number of Year 2 children from your class that participated in Villa Vitality Day Two:

..... out of

4. Names of children not participating with reasons why:

5. Please complete the table below with details for each of the school staff that participated in Day Two :

Name of school staff	Position	What would they have been doing if they hadn't participated in Villa Vitality Day Two?

<u>Villa Vitality Challenges – Week Five</u> <u>Eat 5 portions of fruit and vegetables a day</u>

1. Amount of time in total you spent preparing for Challenge Five:

..... Hours Minutes

2. What would you have been doing if you hadn't been preparing for Challenge Five?

3. Amount of class time you spent delivering Challenge Five:

..... Hours Minutes

4. What would you have been doing with your class if you hadn't been spending time delivering Challenge Five?

5. Number of children that completed Challenge Five:

..... out of

6. Reasons (if known) for children not completing Challenge Five:

7. Any issues / comments about Challenge Five:

Villa Vitality Challenges - Week Six

Plan, cook and eat a healthy balanced meal with your family

1. Amount of time in total you spent preparing for Challenge Six::

..... Hours Minutes

2. What would you have been doing if you hadn't been preparing for Challenge Six?

3. Amount of class time you spent delivering Challenge Six:

..... Hours Minutes

4. What would you have been doing with your class if you hadn't been spending time delivering Challenge Six?

5. Number of children that completed Challenge Six:

..... out of

6. Reasons (if known) for children not completing Challenge Six:

7. Any issues / comments about Challenge Six:

Villa Vitality Day Three

- 1. Date of visit:
- Time spent arranging Villa Vitality Day Three visit (including liaising with Villa Vitality staff, booking hall (etc):

..... Hours Minutes

3. Number of Year 2 children from your class that attended Villa Vitality Day Three:

..... out of

4. Names of children not participating with reasons why:

Name of staff	Position	What would they have been doing if they hadn't attended Villa Vitality Day Three?

5. Please complete the table below with details for each of the school staff that attended with your class: