

WAVES study intervention
Villa Vitality Log Book 2012/2013



School

Class

No. of children

Class teacher

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.

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Villa Vitality School Project
The V Factor

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?:

Villa Vitality Challenges – Week One

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 Challenges – Week Five
Eat 5 portions of fruit and vegetables a day

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:

