

### 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 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<br>attended Villa Vitality Day One? |
|---------------|----------|--|
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## 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<br>participated in Villa Vitality Day Two? |
|----------------------|----------|---|
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|                      |          |   |
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|                      |          |   |
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### <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<br>attended Villa Vitality Day Three? |
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5. Please complete the table below with details for each of the school staff that attended with your class: