

# Pre-K | FFY 2021 | Distance Learning Lesson Tracking Tool



Teacher Name \_\_\_\_\_

Enter the number of lessons delivered each month using curriculum listed below. If only half of a lesson was completed, enter ".50"

QUARTER 1	OCTOBER	NOVEMBER	DECEMBER
<b>CATCH ECE (Pre-K) - Activity Box*</b>	_____	_____	_____
CATCH ECE (Pre-K) - Nutrition Curricula	_____	_____	_____
Go, Glow, and Grow	_____	_____	_____
Happy Healthy Me	_____	_____	_____
QUARTER 2	JANUARY	FEBRUARY	MARCH
<b>CATCH ECE (Pre-K) - Activity Box*</b>	_____	_____	_____
CATCH ECE (Pre-K) - Nutrition Curricula	_____	_____	_____
Go, Glow, and Grow	_____	_____	_____
Happy Healthy Me	_____	_____	_____
QUARTER 3	APRIL	MAY	JUNE
<b>CATCH ECE (Pre-K) - Activity Box*</b>	_____	_____	_____
CATCH ECE (Pre-K) - Nutrition Curricula	_____	_____	_____
Go, Glow, and Grow	_____	_____	_____
Happy Healthy Me	_____	_____	_____
QUARTER 4	JULY	AUGUST	SEPTEMBER
<b>CATCH ECE (Pre-K) - Activity Box*</b>	_____	_____	_____
CATCH ECE (Pre-K) - Nutrition Curricula	_____	_____	_____
Go, Glow, and Grow	_____	_____	_____
Happy Healthy Me	_____	_____	_____

\* **CATCH Activities Box** lessons must be at least **One Warm Up** + **One Go Fitness** + **One Go Activity** + **One Cool Down** to be a 20 minute lesson.

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit the [CalFresh Healthy Living website](#)

# K - 5 | FFY 2021 | Distance Learning Lesson Tracking Tool



Teacher Name \_\_\_\_\_

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QUARTER 1	OCTOBER	NOVEMBER	DECEMBER
CATCH (K-2) - Nutrition Curricula	_____	_____	_____
<b>CATCH (K-2) - Activity Box *</b>	_____	_____	_____
CATCH (3 -5) - Nutrition Curricula	_____	_____	_____
<b>CATCH (3-5) - Activity Box *</b>	_____	_____	_____
Discovering Healthy Choices (4-6)	_____	_____	_____
Eat & Play Together! (1-3)	_____	_____	_____
Good for Me and You (2)	_____	_____	_____
Happy Healthy Me: ... Reading Around MyPlate (K-1)	_____	_____	_____
It's My Choice....Eat Right! Be Active! (3)	_____	_____	_____
Learn! Grow! Eat! Go! (2-5)	_____	_____	_____
My Amazing Body (K-1)	_____	_____	_____
Nutrition to Grow On (4-6)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (1-6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____
Up4It! (4-5)	_____	_____	_____

\* **CATCH Activities Box** lessons must be at least **One Warm Up** + **One Go Fitness** + **One Go Activity** + **One Cool Down** to be a 20 minute lesson.

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QUARTER 2	JANUARY	FEBRUARY	MARCH
CATCH (K-2) - Nutrition Curricula	_____	_____	_____
<b>CATCH (K-2) - Activity Box *</b>	_____	_____	_____
CATCH (3 -5) - Nutrition Curricula	_____	_____	_____
<b>CATCH (3-5) - Activity Box *</b>	_____	_____	_____
Discovering Healthy Choices (4-6)	_____	_____	_____
Eat & Play Together! (1-3)	_____	_____	_____
Good for You and Me (2)	_____	_____	_____
Happy Healthy Me: ... Reading Around MyPlate (K-1)	_____	_____	_____
It's My Choice....Eat Right! Be Active! (3)	_____	_____	_____
Learn! Grow! Eat! Go! (2-5)	_____	_____	_____
My Amazing Body (K-1)	_____	_____	_____
Nutrition to Grow On (4-6)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (1-6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____
Up4It! (4-5)	_____	_____	_____

\* **CATCH Activities Box** lessons must be at least **One Warm Up** + **One Go Fitness** + **One Go Activity** + **One Cool Down** to be a 20 minute lesson.

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QUARTER 3	APRIL	MAY	JUNE
CATCH (K-2) - Nutrition Curricula	_____	_____	_____
<b>CATCH (K-2) - Activity Box *</b>	_____	_____	_____
CATCH (3 -5) - Nutrition Curricula	_____	_____	_____
<b>CATCH (3-5) - Activity Box *</b>	_____	_____	_____
Discovering Healthy Choices (4-6)	_____	_____	_____
Eat & Play Together! (1-3)	_____	_____	_____
Good for Me and You (2)	_____	_____	_____
Happy Healthy Me: ... Reading Around MyPlate (K-1)	_____	_____	_____
It's My Choice....Eat Right! Be Active! (3)	_____	_____	_____
Learn! Grow! Eat! Go! (2-5)	_____	_____	_____
My Amazing Body (K-1)	_____	_____	_____
Nutrition to Grow On (4-6)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (1-6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____
Up4It! (4-5)	_____	_____	_____

\* **CATCH Activities Box** lessons must be at least **One Warm Up** + **One Go Fitness** + **One Go Activity** + **One Cool Down** to be a 20 minute lesson.

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QUARTER 4	JULY	AUGUST	SEPTEMBER
CATCH (K-2) - Nutrition Curricula	_____	_____	_____
<b>CATCH (K-2) - Activity Box *</b>	_____	_____	_____
CATCH (3 -5) - Nutrition Curricula	_____	_____	_____
<b>CATCH (3-5) - Activity Box *</b>	_____	_____	_____
Discovering Healthy Choices (4-6)	_____	_____	_____
Eat & Play Together! (1-3)	_____	_____	_____
Good for Me and You (2)	_____	_____	_____
Happy Healthy Me: ... Reading Around MyPlate (K-1)	_____	_____	_____
It's My Choice....Eat Right! Be Active! (3)	_____	_____	_____
Learn! Grow! Eat! Go! (2-5)	_____	_____	_____
My Amazing Body (K-1)	_____	_____	_____
Nutrition to Grow On (4-6)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (1-6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____
Up4It! (4-5)	_____	_____	_____

\* **CATCH Activities Box** lessons must be at least **One Warm Up + One Go Fitness + One Go Activity + One Cool Down** to be a 20 minute lesson.

# Middle & High School | FFY 2021 | Distance Learning Lesson Tracking Tool



Teacher Name \_\_\_\_\_

Enter the number of lessons delivered each month using curriculum listed below. If only half of a lesson was completed, enter ".50"

QUARTER 1	OCTOBER	NOVEMBER	DECEMBER
CATCH (6-8) - Nutrition Curricula	_____	_____	_____
CATCH (6-8) -Activity Box	_____	_____	_____
EatFit (6-8)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____
Up4It! (4-5)	_____	_____	_____
Hunger Attacks/ Money Talks (9-12)	_____	_____	_____
QUARTER 2	JANUARY	FEBRUARY	MARCH
CATCH (6-8) - Nutrition Curricula	_____	_____	_____
CATCH (6-8) -Activity Box	_____	_____	_____
EatFit (6-8)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____
Up4It! (4-5)	_____	_____	_____
Hunger Attacks/ Money Talks (9-12)	_____	_____	_____

\* **CATCH Activities Box** lessons must be at least **One Warm Up** + **One Go Fitness** + **One Go Activity** + **One Cool Down** to be a 20 minute lesson.

# Middle & High School | FFY 2021 | Distance Learning Lesson Tracking Tool



Teacher Name \_\_\_\_\_

Enter the number of lessons delivered each month using curriculum listed below. If only half of a lesson was completed, enter ".50"

QUARTER 3	APRIL	MAY	JUNE
CATCH (6-8) - Nutrition Curricula	_____	_____	_____
CATCH (6-8) -Activity Box	_____	_____	_____
EatFit (6-8)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____
Up4It! (4-5)	_____	_____	_____
Hunger Attacks/ Money Talks (9-12)	_____	_____	_____
QUARTER 4	JULY	AUGUST	SEPTEMBER
CATCH (6-8) - Nutrition Curricula	_____	_____	_____
CATCH (6-8) -Activity Box	_____	_____	_____
EatFit (6-8)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____
Up4It! (4-5)	_____	_____	_____
Hunger Attacks/ Money Talks (9-12)	_____	_____	_____

\* **CATCH Activities Box** lessons must be at least **One Warm Up** + **One Go Fitness** + **One Go Activity** + **One Cool Down** to be a 20 minute lesson.

# After School | FFY 2021 | Distance Learning Lesson Tracking Tool



Teacher Name \_\_\_\_\_

Enter the number of lessons delivered each month using curriculum listed below. If only half of a lesson was completed, enter ".50"

QUARTER 1	OCTOBER	NOVEMBER	DECEMBER
CATCH (6-8) - Nutrition Curricula	_____	_____	_____
CATCH (6-8) -Activity Box	_____	_____	_____
EatFit (6-8)	_____	_____	_____
Nutrition to Grow On (4-6)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____
QUARTER 2	JANUARY	FEBRUARY	MARCH
CATCH (6-8) - Nutrition Curricula	_____	_____	_____
CATCH (6-8) -Activity Box	_____	_____	_____
EatFit (6-8)	_____	_____	_____
Nutrition to Grow On (4-6)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____

\* **CATCH Activities Box** lessons must be at least **One Warm Up** + **One Go Fitness** + **One Go Activity** + **One Cool Down** to be a 20 minute lesson.



# After School | FFY 2021 | Distance Learning Lesson Tracking Tool



Teacher / Extender Name \_\_\_\_\_

Enter the number of lessons delivered each month using curriculum listed below. If only half of a lesson was completed, enter ".50"

QUARTER 3	APRIL	MAY	JUNE
CATCH (6-8) - Nutrition Curricula	_____	_____	_____
CATCH (6-8) -Activity Box	_____	_____	_____
EatFit (6-8)	_____	_____	_____
Nutrition to Grow On (4-6)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____
QUARTER 4	JULY	AUGUST	SEPTEMBER
CATCH (6-8) - Nutrition Curricula	_____	_____	_____
CATCH (6-8) -Activity Box	_____	_____	_____
EatFit (6-8)	_____	_____	_____
Nutrition to Grow On (4-6)	_____	_____	_____
Serving Up MyPlate: A Yummy Curriculum (6)	_____	_____	_____
TWIGs: Teams With Inter-Generational Support (K-8)	_____	_____	_____

\* **CATCH Activities Box** lessons must be at least **One Warm Up** + **One Go Fitness** + **One Go Activity** + **One Cool Down** to be a 20 minute lessons.