



**Shaping Positive Lifestyles &  
Attitudes through School Health**

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## Monthly Implementation Logs Teacher Check List

- Check that you have the correct log, for the correct month. The due date is in the upper right hand corner and the log indicates the grade level taught.
- Place an X in the completed column next to the name of the Michigan Model for Health<sup>®</sup> lesson that you taught.
- For the question at the bottom of the page, estimate the time you spent over the last month talking with others about healthy lifestyles (nutrition and/or physical activity). If none, indicate by putting a zero.
- Sign in blue ink and date.
- Have your principal/supervisor sign in blue ink and date. The teacher and supervisor signatures cannot be the same person.
- Keep a copy for your records.
- Submit your blue-ink signature copy to the person in your building collecting the monthly logs. This person is responsible for submission by the due date indicated on the log.

Thank you!

We hope this check list helps you handle the required monthly paperwork. If you have suggestions or ideas, please contact us.

