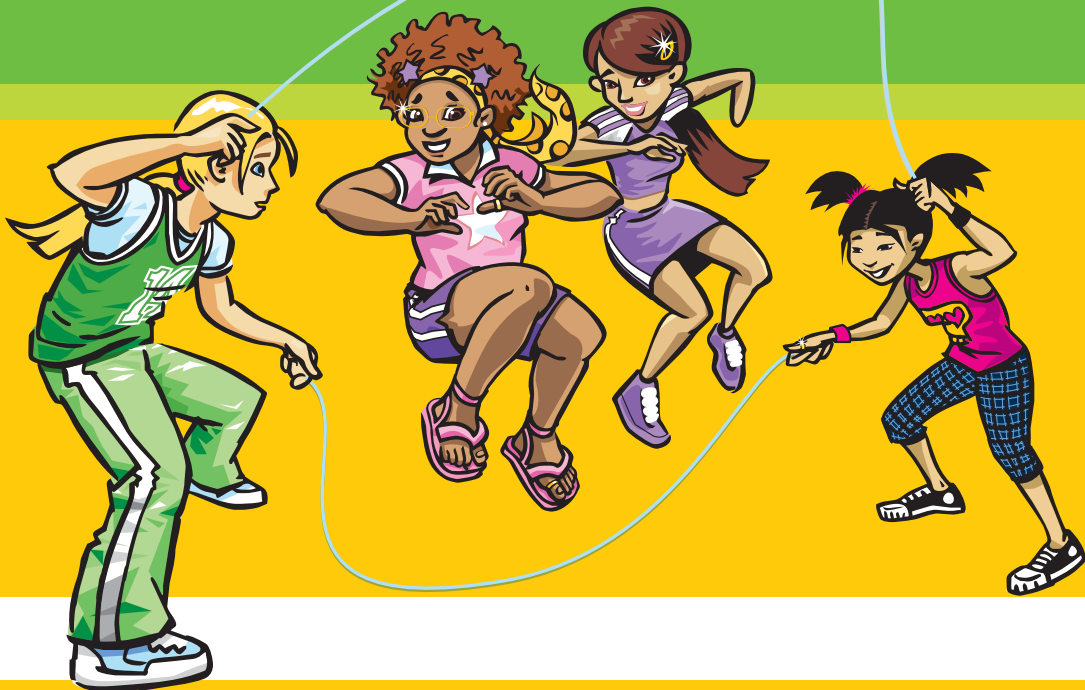


GOGIRLS! SCRAPBOOK

women's sports foundation's
GoGirlGo!



Write Your Name Here



This is your sports and fitness journal, scrapbook, scribble pad, idea book and inspiration source all in one.

The best part is... you're the author! It's all about you... your feelings, your friends, your game and your life.

You can make this book whatever you want it to be. We've included some suggestions and activities, but the rest is up to you. So flip through, get involved and have fun!

MY STATS

name

AGE

HEIGHT

SCHOOL/ORGANIZATION

SPORTS/ACTIVITIES

MY FAVORITE FEMALE ATHLETE

MY RESTING HEART RATE (Find your pulse on your wrist under your thumb. Count how many times your heart beats in one minute. It's best to do this first thing in the morning.)

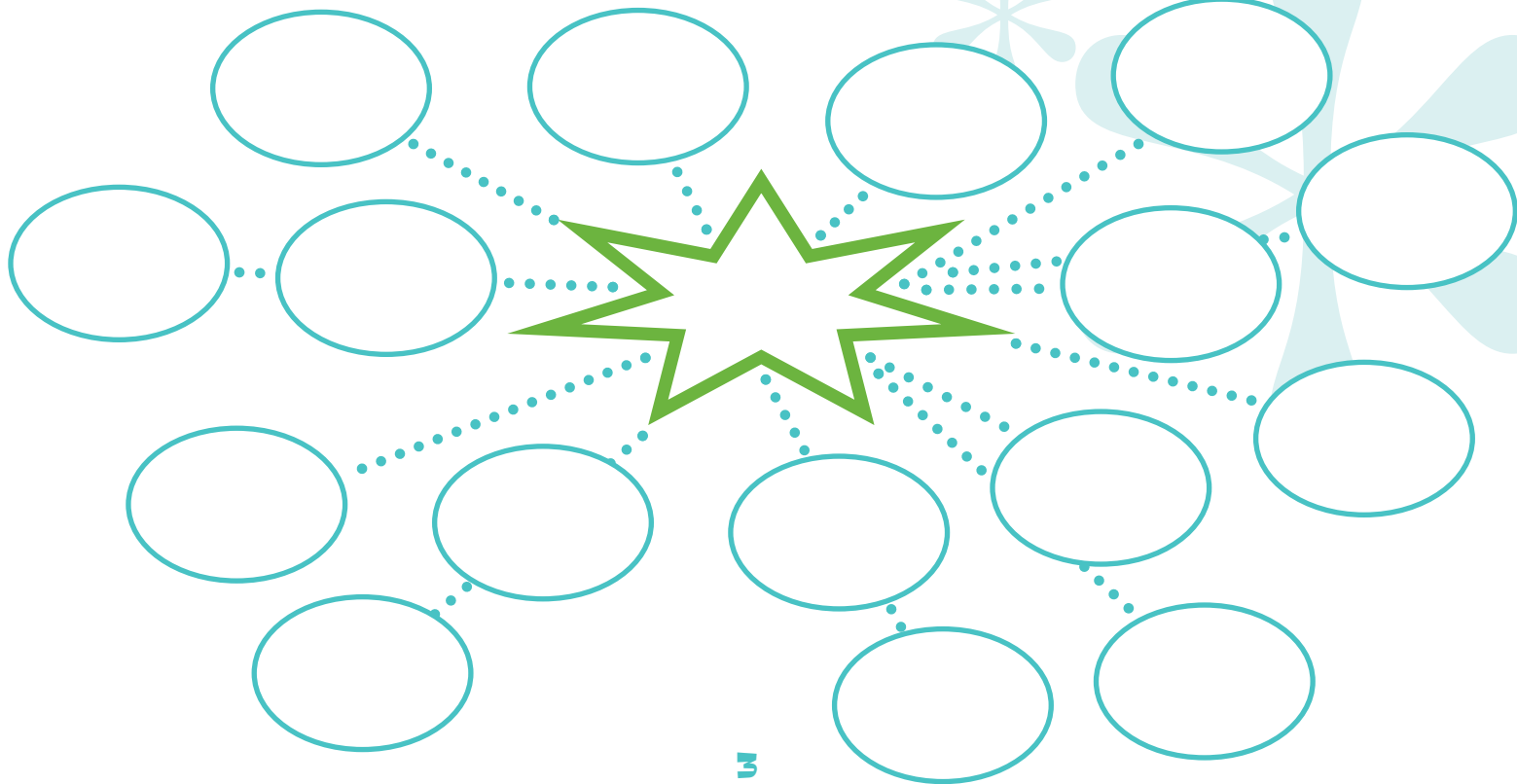
FAVORITE WOMEN'S SPORTS TEAM

SONG THAT GETS ME PUMPED UP TO PLAY SPORTS OR GET MOVING

Put your picture here... or draw yourself!

WHO ARE YOU?

You can't be defined by one word! You're a girl, a daughter, an athlete... and so much more! Enter your name in the center bubble. Fill in nouns and adjectives that describe you in the outer bubbles. Add even more bubbles if you can!



GOOOOAAAALS!

What's a goal? It's anything that you want and strive for...a winning season, an "A" on a test or something you'd like to achieve. Take a minute to think about what's REALLY important to you. Think about your goals and write them down. How can you make these things happen? You have the power!

My sports and fitness goal for today: (Go for a jog, shoot 50 free throws, etc.)



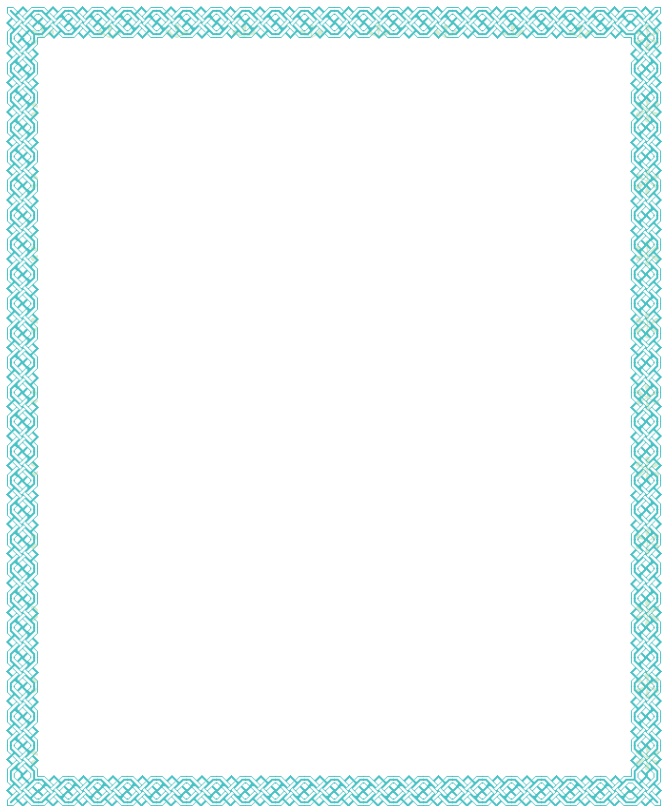
* My sports and fitness goal for this month (Run a mile without stopping, improve my batting average, etc.)



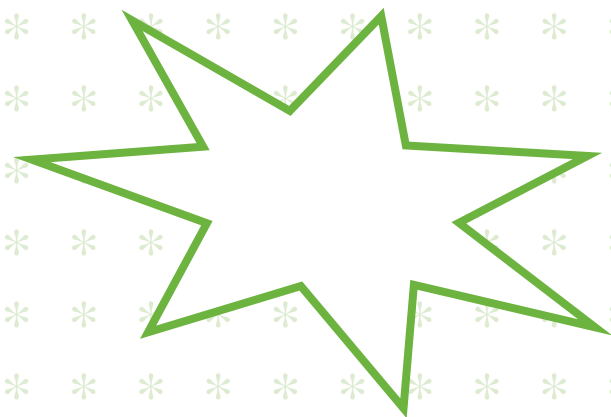
* My sports and fitness goal for this year (Win the championship, learn a new sport, etc.)



ACTION SHOTS



5

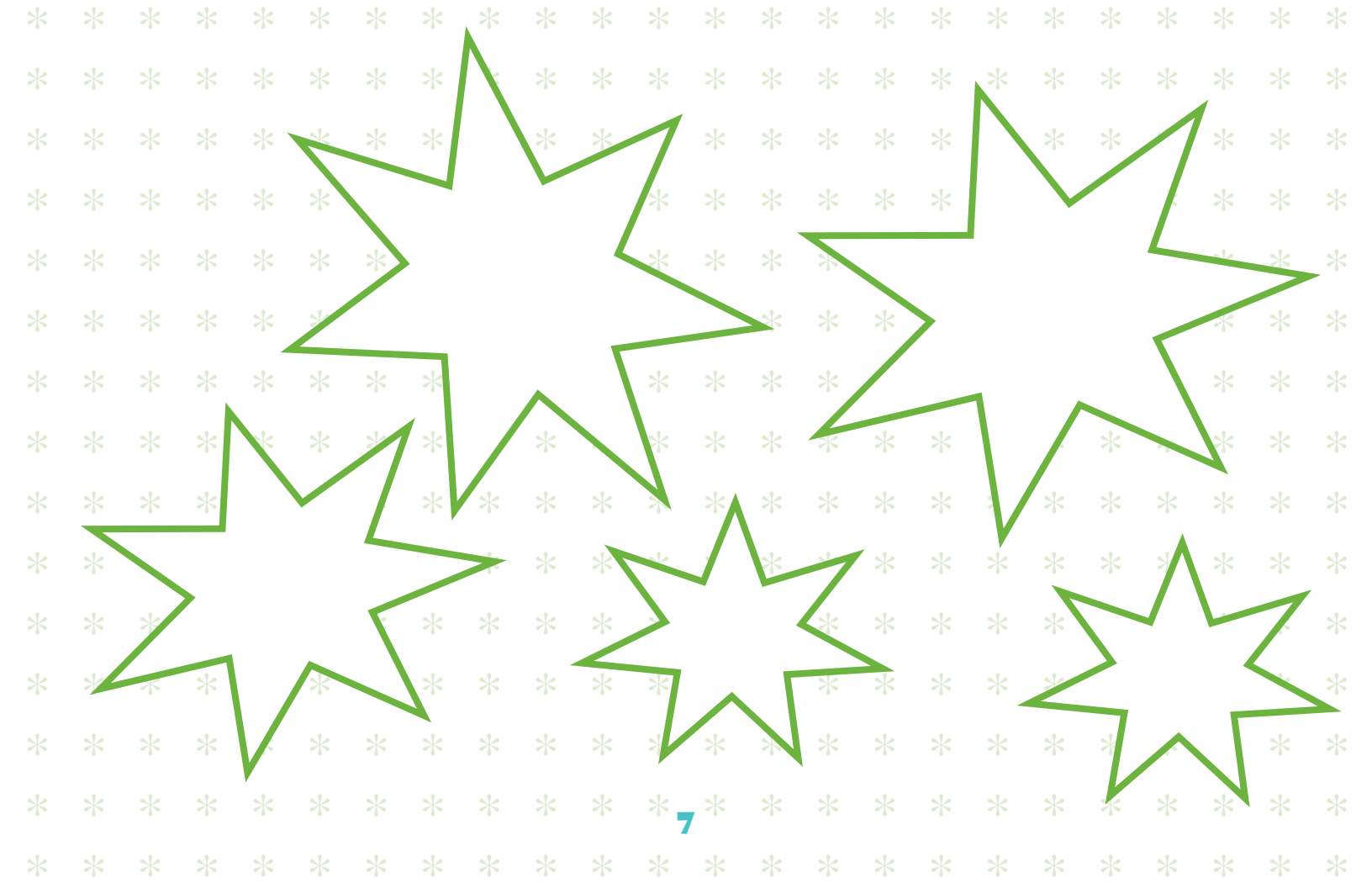


Here's where you're the only star in the sky. Find a photo of you in action! It can be playing a sport, riding your bike or playing with friends. Don't have one? Well, get all Picasso and draw one. Show your fabulous self doing what you love.

What's going on in this pic?

What were you thinking about?

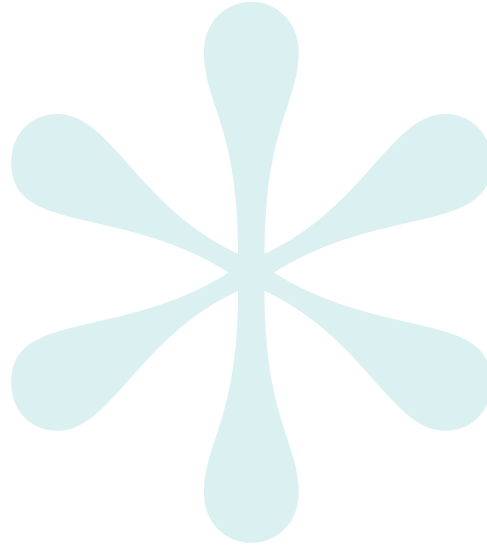
Spill it on the page. Relive the moment!

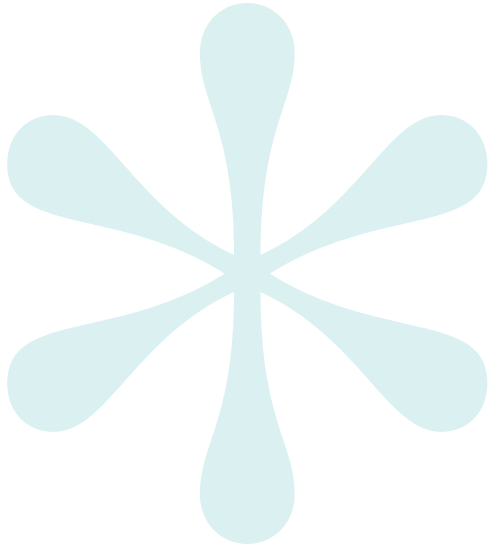




THE IDEAL ATHLETE

Can you think of the ideal athlete? What does she look like? Draw her below.
Then write all the qualities you think she should have. Is she a leader? Is she fearless? You decide!





*"I really want to be the best player I can be. I'm not trying to be the next anybody. I'm just trying to be me. I want to be the best."
~Tamika Catchings,
basketball,
Olympic gold medalist*

IT'S THE LITTLE THINGS THAT COUNT...

We all know how little things in the game can make a difference, whether they are solid defense, an optimistic outlook or good passing. But the little things in life count, too! What little things could you do to live a healthier life? Here are some suggestions, but **add your own on the next page, too!**



When watching your favorite TV show, do sit-ups or jumping jacks during commercial breaks.



Compliment at least one person every day. It'll make the person you complimented feel better and will make you feel better too!



After dinner, take a walk around the block with your family.



When you wake up in the morning, think about three things you want to do with your day—and make sure you do them!



Before you go to bed, think of three things that you did well today. Give yourself some props!



Always carry a water bottle on you. Stay hydrated!

SMILE!

**What other things
could you do?**

TOUGH STUFF

We've all got decisions to make every day: what to wear to school, what to eat for lunch, and how we spend our time. Sometimes, however, there's a tougher decision to make that requires thought. When you're in doubt, think of IBEAR, which will help you when you have a tough decision to make:

I Identify the issue/question/problem

B Brainstorm possible actions

E Evaluate the consequences

A Act

R Re-act responsibly

HERE'S A SITUATION

You have a big game tomorrow, and you're at a party with some of your teammates. The best player on your team brings beer to the party and asks if you'd like some. Use IBEAR to think about different actions you could take. If you decide to drink, what are some of the consequences? What about if you say no? Which action is the best to take? How can you act responsibly?

What are some tough decisions you've had to make? Did you make the best decision you could?

STRESS-LESS

Good stress and bad stress. What's the difference?

What are some wonderful things that fill me with excitement and give me goose bumps and butterflies?

What are some things that fill me with worry and dread and make me shake all over?

How can I deal with the "bad stress" in a healthy way?

How will you celebrate when you reach your **GOOOOAAAALLSSSS!** from this scrapbook?

“(As girls,) we don’t celebrate enough of our successes. On the soccer field, the basketball court, or even in the classroom, celebrate all your successes no matter how big or small.”

~Mia Hamm, soccer, three-time Olympic medalist

GET PUMPED!

What gets you or your team excited and ready to play?

Whether it's music, cheers or slogans, write them here! You don't want all that priceless material getting lost, do you?

HIGHER GOALS

How do I get a buzz without putting junk in my body? (Scoring the winning basket? Writing a sassy cheer? Hitting the high note in your favorite song? Perfecting that backflip?)

WORKOUT LOG!

Copy this chart while it's blank so you can use it all year long or download it from www.GoGirlWorld.org.

Date	What I Did	For How Long	Fun Meter	Fit Meter	It Rocked Because...
1/5/08	Played basketball	60 minutes	😊 😐 😞	21	I played with jr. high team.

FIT METER: A quick way to measure how hard you're playing. Take your heart rate by finding your pulse on your wrist right after you're done with your workout. Count how many times your heart beats in 10 seconds.

LESS THAN 20 = LIGHT ACTIVITY
good for days when you're tired —
you can do this forever!

20-26 = MEDIUM ACTIVITY
good for your heart and lungs.
Try to do activities like this that add
up to 60 minutes every day.

26 OR MORE = HEAVY-DUTY ACTIVITY
good for your muscles — you're
breathing hard now!

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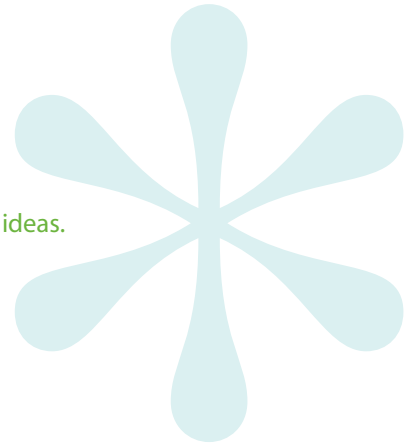
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Q and A:

We've got questions, and you've got answers. No right or wrong here...just your own ideas.

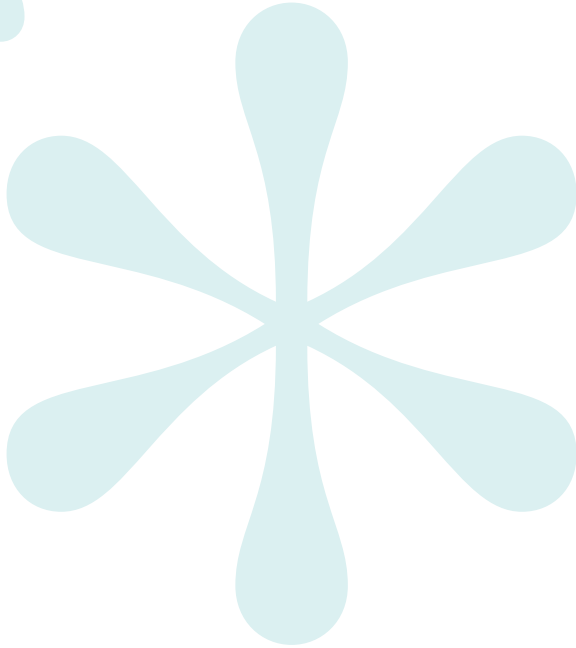
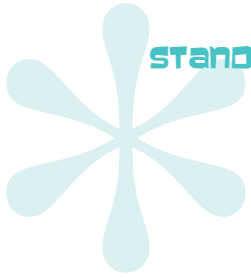
THINK: What are some of the things you do to take care of your body?
What do you do to keep it healthy and fit?



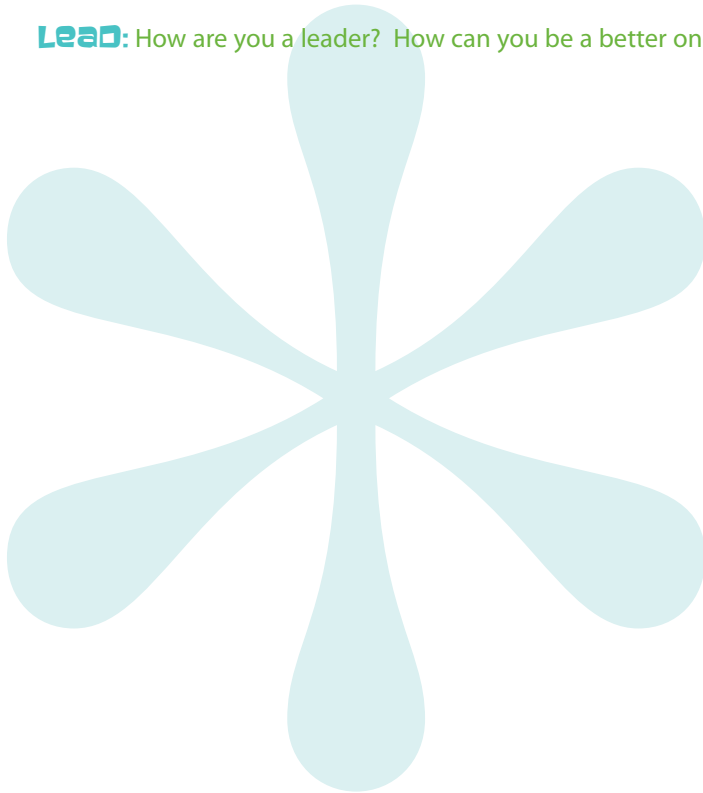
Be: How do you treat others? Are you kind and fair?
Has anyone ever done something really cool for you?
How did it make you feel? How can you pass it on?




STAND: What do you do to be true to yourself and what you believe in?
Have you ever stood up for an underdog?

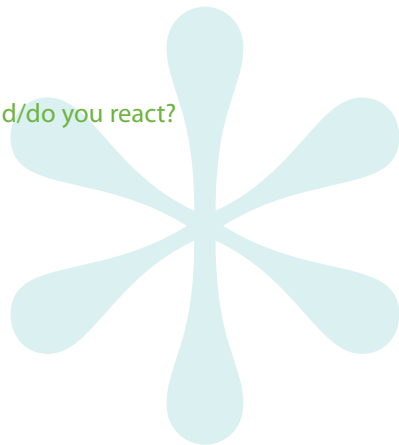
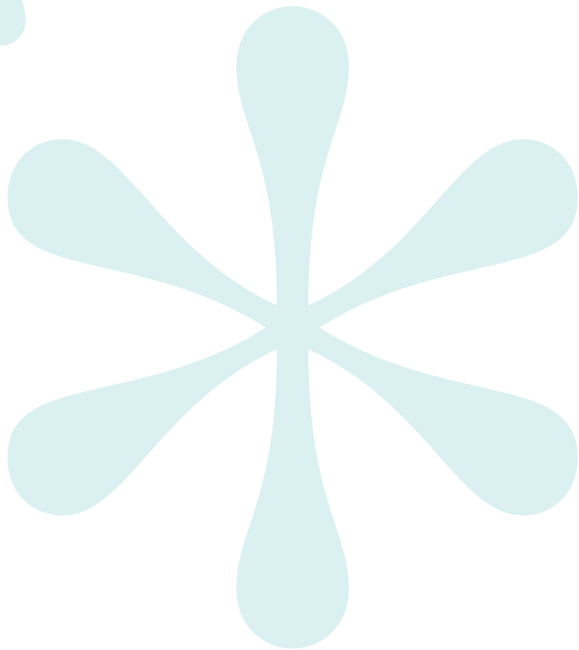


Lead: How are you a leader? How can you be a better one? Who do you look up to?





Deal: How do you react when life is unfair?
The ref makes a totally unjust call. Has this happened to you? How did/do you react?
What would you do next time?



SCRAP IT!

Here's where you can put those keepsakes from all your accomplishments and favorite sports events. Do you have a race number? A newspaper clipping? A piece of pompom? Ticket stub? A gum wrapper? It's all good if it helps you remember and relive your glorious moments.

Write a little note about each item so you don't forget!

SCRAP IT!

SAY WHAT?!

How can words be as painful as a slap in the face?

What can mean and cruel words do to me?

Who could I go to for help if I needed it?

HERE'S AN IDEA!

Here's a list of cool tasks to complete.
High five to anyone who to anyone who
can do them all!

{ Fill in the star or add a sticker for those you've done.
Write down how you felt or any other notes you want for each. }

- ☆ Write a letter to your newspaper about how awesome (or terrible) of a job they are doing at including girls' and women's sports in the news every day.
- ☆ Try a new sport or activity.
- ☆ Invite a friend who doesn't play sports to come with you to your next activity.
- ☆ Learn to say "good game" or "congratulations" in two different languages.
- ☆ Invent a new outdoor game and teach it to two other people.

- 
- 
- 
- ★ Write a thank you note to your adult mentor or coach.
 - ★ Visit www.GoGirlWorld.org and send an E-ShoutOut to all your teammates.
 - ★ Write to the Sports Diva or post a message on the GoGirlWorld.org message boards
 - ★ Check out one Training Tips article in the GoGirlWorld.org Gym and share it with a friend.

CELEBRATION OF INSPIRATION!

National Girls and Women in Sports Day is held every February, but you don't have to wait until then to celebrate!

There are female role models all around you! Each month, choose someone who inspires you to get going—whether she's your mother, your friend or your favorite athlete—and let her know how special she is to you! Then, each month, do something that symbolizes the spirit of your role model. Cheer on a friend at a game, run with your mom, eat no junk food for a week... The possibilities are endless! Just remember to always have fun!

	January	February	March	April	May
Role Model					
Why She's a Role Model					
How am I Like Her?					

	June	July	August	September	October	November	December
Role Model							
Why She's a Role Model							
What I Did This Month							

Game Face

Congrats! You're on your way to an even healthier and happier life! Just like any other athlete, you're a star deserving of recognition! Make your personal record board right here and celebrate all you've accomplished! **Way to go!**

The Record Board of _____

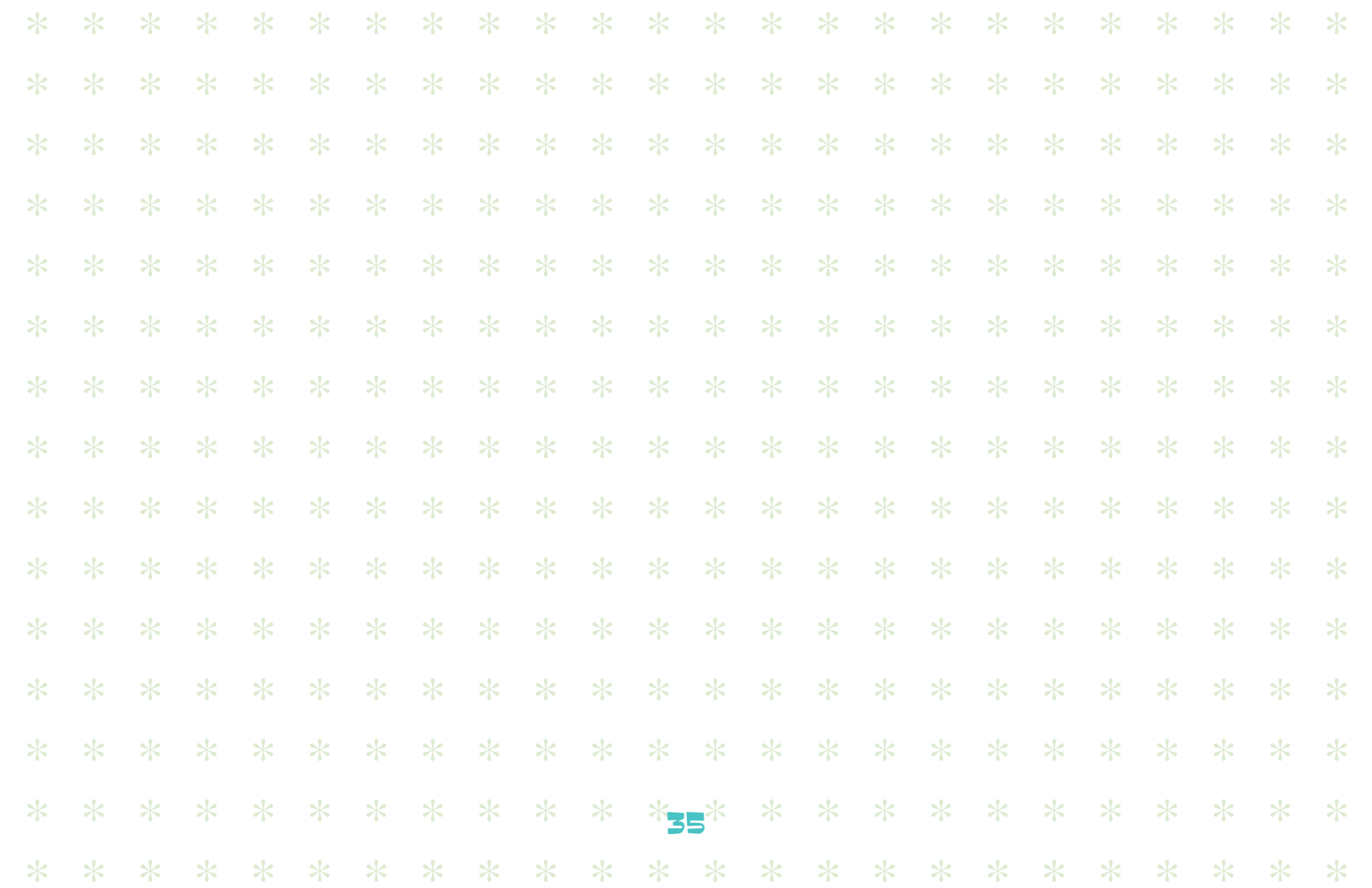
DATE	ACCOMPLISHMENT	MY NEW GOAL

"Although we may have many positive influences around us, only we can control our own destinies. The only limitations are those you put on yourself."

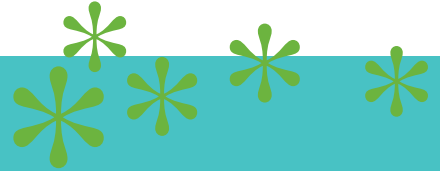
~Lisa Fernandez, softball, three-time Olympic gold medalist.

SIGN UP!

Why wait for your high school yearbook to hear from your sport gal pals? Make this the who's who of your active life. Get your teammates' autographs and thoughts!



ENDING ON a GOOD NOTE!



Congratulations! Whether you scored your first goal, tried a new sport or made a new friend, you've changed since you started this scrapbook. Now, write a letter to yourself talking about everything that's been going on in your life. Seal it and save it for the future. In five years, read the letter again to read about your past. You'll be amazed how far you will have come in five years!

DON'T STOP HERE!

You can keep up your scrapbook in any ol' notebook or paper. Write down your thoughts, save mementos from your sporting adventures, keep pictures of your friends and teammates... whatever you do, just keep it going!



**AND KEEP COMING BACK TO
WWW.GOGIRLWORLD.ORG**

Where girls GO!



www.WomensSportsFoundation.org

www.GoGirlWorld.org

1-800-227-3988

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