

Name: _____

Grade: _____

Teacher: _____



Ride bike for 30 mins. w/ Helmet on.

Sign: _____



Walk with family member for 30 mins.

Sign: _____



Play outdoor with friend(s) for 30 mins.

What?: _____
Sign: _____



Eat a meat that is grilled, not fried

What?: _____
Sign: _____

Do 3 GO activities for total of 30 mins or more
1. _____
2. _____
3. _____

Sign: _____



Drink no fat or 1% low fat milk w/a meal

Sign: _____



Drink 100% fruit juice instead of a sugary drink

Sign: _____



Participate in Running Club or run on own

Sign: _____



Jump rope with long or short rope for 30 mins or more

Sign: _____



Dance/do cheers for 30 mins.



Stretch for 5 mins

Sign: _____



Practice basketball skills for 30 mins

Sign: _____



Make 1/2 of your dinner plate fruits & veggies

Sign: _____



Play soccer for 30 mins or more

Sign: _____



Bring a fruit for snack break

What?: _____
Sign: _____



Participate in Running Club or run on own.

Sign: _____



Eat 1 whole grain cereal, bread or rice

What? _____
Sign: _____



Participate in Running Club or run on own.

Sign: _____



Snack on Veggies after school

What? _____
Sign: _____



Drink no fat or 1% low fat milk

Sign: _____



Eat a **BLUE** or **PURPLE** fruit or veggie

What? _____
Sign: _____



Eat a veggie or fruit that is **GREEN**

What? _____
Sign: _____



Ride bike for 30 mins. w/ Helmet on.

Sign: _____



Play soccer for 30 min or more.

Sign: _____



Play outdoors w/friend(s) for 30 mins.

What? _____
Sign: _____



Eat 1 whole grain cereal, bread, rice or oatmeal

What? _____
Sign: _____