***Stay Healthy Stay Active***

**Complete each activity, have someone in your house check you off (“I Did It”) and tally up your points.  How many points can you get this week?**

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| --- | --- | --- | --- |
| **ACTIVITY** | **ACTION** | **POINTS** | **I DID IT** |
| ***Fuelings*** | ***Eat breakfast* 1     2 3      4 5**  ***Eat a fruit* 1     2 3      4 5**  ***Eat a vegetable* 1     2 3      4 5**  ***Drink water*         1 2     3 4 5** | **10 points** for each number circled |  |
| ***Chore of the***  ***Day*** | ***Clean up your room***  **Make your bed, pick up your clothes, put stuff in its place,etc.**  ***Help clean up the kitchen*            Put dishes in the sink/dishwasher, wipe down countertops, put food away and etc.)**  **Ask others in the house how you can help.** | **50**  **50**  **50** |  |
| ***Muscle Strengthening***  ***activities*** | ***25 Curl-Ups (*Do not have to do them all at once)**  ***Hold a plank for 30 seconds (3 different times)***  ***Balance on 3 body parts and count to 60*** | **25**  **25**  **25** |  |
| ***Brainbuster*** | ***Read for 10 or more minutes each day.  Circle a number each time you read.***  **1      2 3       4 5** | **50 points**   for each number circled |  |
| ***Game Time*** | ***Make a ball with a pair of socks or paper.  How many baskets can you make in 1 minute?* What did you throw your socks/paper into?  \_\_\_\_\_\_\_\_\_\_\_\_\_**  ***Play Tic Tac Toe by yourself or with someone.***  Make a Tic Tac Toe board with towels.  Practice underhand throwing with an object (balled up paper, small stuffed animal, small pillow) into the squares. | **2 points**  Per “basket”  **50 points** for every win or  **5 points** for every square you land in**.** |  |
| ***Cardio*** | ***15 jumping jacks, Jog in place for 1 minute***  ***5 Burpees, 10 jumps over a pillow***  **Can you do this everyday?** | **100** |  |
| ***Healthy Habits*** | ***Wash your hands* 1   2 3   4 5 6   7 8 9 10**  ***Brush your teeth* 1   2 3   4 5 6   7 8 9 10**  **Circle each time you wash and brush.  You can do more :)** | **10 points** for each number circled |  |
|  | ***You are awesome*  *Total*** |  |  |