


Healthy Activity Challenge Week

Starts Friday, March 8th. Complete 5 activities in a row (up, down or diagonal) with parent signature to qualify for a prize. Turn in sheets by Friday, March 15th.

GO GREEN!

Produce tasting at lunch on Wednesday, March 13th.

				
I packed a reusable utensil to use at lunch today.	I danced 15 minutes today.	I slept at least 10 hours.	I ate a green fruit or vegetable today.	I know my escape route in case of a fire.
I recycled something at school or at home today.	I walked/ran 1 mile.	I washed my hands after using the restroom every time today.	I drank 3 cups of water today.	I had a screen free day today.
I planted a seed today.	I played outside for 30 minutes today.	I took a bath or shower today.	I tried a new fruit or vegetable today.	My family ate a meal together today.
I made sure to turn the lights out after I left a room today.	I went for walk with my family today.	I brushed my teeth 2 times today.	I made a green smoothie today.	I said "thank you" to 3 people today.
I repurposed an item instead of throwing it away.	I did 10 jumping jacks, 10 pushups and 10 sit-ups.	I wore my seatbelt everytime I was in a vehicle today.	I read the ingredient list of something I ate today.	I helped cook a meal today.

Sponsored by Parmalee PTA Health, Wellness & Safety

Name:

Teacher: