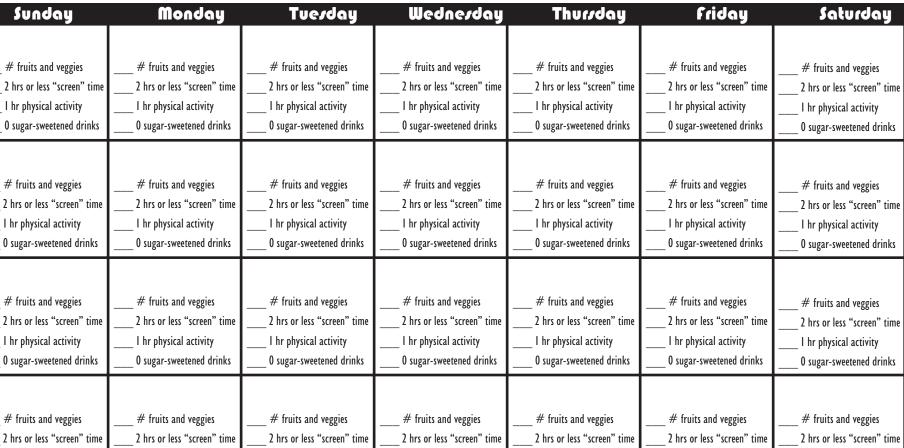
5210 Challenge Track your healthy behaviors all month long!



_	I hr physical activity	I hr physical activity	I hr physical activity	I hr physical activity	I hr physical activity	I hr physical activity	I hr physical activity
_	0 sugar-sweetened drinks	O sugar-sweetened drinks	O sugar-sweetened drinks	O sugar-sweetened drinks	O sugar-sweetened drinks	O sugar-sweetened drinks	O sugar-sweetened drinks
	Score one point for each serving of a fruit or veggie					Points	
	Score 2 points for every day you had 2 hours or less of "screen" time (tv, computer, Gameboys)					Points	5210
	Score 2 points for every day you participated 1 hour (or more) in physical activity					Points	
Score 2 points for every day you had zero (no) servings of a sugar-sweetened drinks					Points		

Score 2 bonus points for each new fruit and vegetable you ate:

List new fruits/vegetables

NAME

PARENT SIGNATURE

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Points

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