



DAILY CHALLENGE



Lake County
Health Department

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks
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Score one point for each serving of a fruit or veggie

Score 2 points for every day you had 2 hours or less of "screen" time (tv, computer, video games)

Score 2 points for every day you participated 1 hour or more in physical activity

Score 2 points for every day you had zero servings of a sugar-sweetened drink

Score 2 bonus points for each new fruit and veggie you ate!

_____ Points

_____ Points

_____ Points

_____ Points

_____ Points

Name _____

Parent
Signature _____

Total Points _____