

5210 Healthy Military Children Two Week Challenge

*Track healthy behaviors
for 14 Days!*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Try a new fruit and vegetable today</p> 	<p>Ride a bike</p>	<p>Drink water or milk instead of soda or juice</p>	<p>  Play a sport </p>	<p>Read a book or magazine instead of watching T.V</p>	<p>Take a walk with a friend</p>	<p>Turn on music and dance</p>
<p>Play a board game</p>	<p>Make a healthy snack</p>	<p>  Turn off electronics while eating </p>	<p>Go on a nature hike</p>	<p>Add lemon or mint to sparkling water</p>	<p>Start a journal</p>	<p>Plant a vegetable</p> 

Parent Signature _____

After you have completed the two week challenge, ask your parent to sign and return to Darla Klausner for a 5210 reward. Call 618.256.7085 to schedule an appointment.



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk