

's Wellness Challenges

During Wellness Week, I pledge to to meet at least ___ of these challenges and to walk 30 minutes in Thursday's Walk-A-Thon.

Walk, ride a bike or scooter to school	What is your favorite: Push Up or Sit Up? Do 10.	Make a card for your teacher instead of watching TV	Do 30 arm circles while singing Row Row Row Your Boat	Have a 1 song dance party with your family	Jump rope while counting backwards from 25
ZERO screen time for one day	Choose WHOLE grain instead of white bread	Avoid sweet treats for the ENTIRE day	Meditate for 5 minutes	Feeling upset? Take 5 deep breaths & think positively.	Learn a Yoga pose
Choose lean protein over red meat	Eat a fruit you've never tried before	See how long can you hula hoop.	Jog in place for 1 minute while making funny faces	Eat a vegetable you've never tried before	Take a walk after dinner with your family
20 Side To Side Jumps	EVERYONE at the table must put their phones away during a meal	Do some yard work with a grown up	20 heel taps on each heel	Choose water instead of sugary drinks for 1 day	Can you hold a plank for 15 sec? Count in your silliest voice
Cook a meal from scratch with an adult	10 high knees please	How much sodium is considered OK? Do you eat more or less?	Walk a dog (or a cat, or a rabbit, or a hamster...)	Go to sleep ON TIME	20 jumping jacks at the bus stop WITH the grown ups
Write a list of 5 things you can change to be healthier	Eat a vegetarian meal	Get a book about cooking or fitness from the library	Ask a grown up to teach you The Macarena	Vacuum / sweep your entire home	Teach a grown up how to do The Floss

Signed _____

Date _____

Please keep in your child's folder and initial items as accomplished.