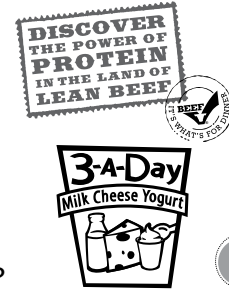


Team Name \_\_\_\_\_  
 Classroom Teacher \_\_\_\_\_  
 # of People on Team \_\_\_\_\_  
 Student/Staff Name \_\_\_\_\_  
 Grade Level \_\_\_\_\_

**Captain Partners**



**Challenge #1: At-Home Activity**

It is very important for your health to get physical activity every day if you can. Sometimes you can't get out of the house. What can you do inside or in your yard? Do at least 3 of the following activities with your family this week...

What activity did you do? \_\_\_\_\_

How often should you get physical activity? (circle one)      Once a week      3 x a week      Everyday

How many minutes of physical activity should your family get each week?

\_\_\_\_\_ (# of family members) x 210 minutes = \_\_\_\_\_

How many minutes did your entire family get this week?

How many servings of fruits and vegetables should your family eat each week?

\_\_\_\_\_ (# of family members) x 5 fruits/vegetables = \_\_\_\_\_

How many servings did your family eat this week?

**Challenge #2: Balanced Food Choices**

Eating a variety of healthy foods is so important because different foods provide you with different nutrients such as vitamins and minerals. If you eat the same foods all the time you're missing out on so much!

Which groups did your family eat the most and the least? \_\_\_\_\_

Eating food from many groups is important because... (circle one)      taste      more nutrients      less expensive

How many minutes of physical activity should your family get each week?

\_\_\_\_\_ (# of family members) x 210 minutes = \_\_\_\_\_

How many minutes did your entire family get this week?

How many servings of fruits and vegetables should your family eat each week?

\_\_\_\_\_ (# of family members) x 5 fruits/vegetables = \_\_\_\_\_

How many servings did your family eat this week?

Return this form to your PE teacher by October 31st

R18784
RV100

\$1 off

H•E•Buddy  
Drinkable  
Yogurts

8 pk., 3 oz. btls.  
Strawberry, Strawberry  
Banana, Mixed Berry

- Limit one offer per customer.
- May not be mechanically reproduced, doubled or combined with any other offer.

IN-AD COUPON **8** GOOD 10/08/08 THRU 3/24/09

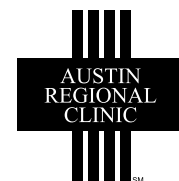
Good Only At:

R18784  
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Vitamin C found in berries, citrus fruit and green vegetables is necessary for at least 300 functions within your body including tissue growth.

**Captain Partners**



**Challenge #3: Exercise Relay**

Your challenge this week is to do an exercise relay. (take turns during the relay, one person does the exercise while the others rest, then someone else does the next exercise.)

Who did which exercise? \_\_\_\_\_

Which type of exercise improves your heart health? (circle one) strength flexibility cardio

How many minutes of physical activity should your family get each week?

\_\_\_\_ (# of family members) x 210 minutes = \_\_\_\_\_

How many minutes did your entire family get this week?

How many servings of fruits and vegetables should your family eat each week?

\_\_\_\_ (# of family members) x 5 fruits/vegetables = \_\_\_\_

How many servings did your family eat this week?

**Challenge #4: Sugar Raking Activity**

Eating too much sugar is a major problem for people these days. Sugar provides you with many calories but without any additional nutrients. Also eating too much sugar can lead to obesity and the development of type II diabetes.

What were the top three foods on your list? \_\_\_\_\_

Sugar gives you... (circle one) many vitamins empty calories (little nutrients) many minerals

How many minutes of physical activity should your family get each week?

\_\_\_\_ (# of family members) x 210 minutes = \_\_\_\_\_

How many minutes did your entire family get this week?

How many servings of fruits and vegetables should your family eat each week?

\_\_\_\_ (# of family members) x 5 fruits/vegetables = \_\_\_\_

How many servings did your family eat this week?

Return this form to your PE teacher by October 31st

R18784

RVL00

IN-AD COUPON 8 GOOD 10/08/08 THRU 3/24/08



**\$1 off**

**H•E•Buddy Drinkable Yogurts**

8 pk., 3 oz. btls.

Strawberry, Strawberry Banana, Mixed Berry

- Limit one offer per customer.
- May not be mechanically reproduced, doubled or combined with any other offer.

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