



presented by:



Champion Partners



Team Name _____

Classroom Teacher _____

of People on Team _____

Student/Staff Name _____

Grade Level _____

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?

Due to your PE Teacher by October 31st.

Captain Partners



activelifechallenge.com



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

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?

Due to your PE Teacher by October 31st.