

Name:		Score for Activity	1st Completion	2nd Completion	3rd Completion	4th Completion	5th Completion	6th Completion	7th Completion	8th Completion
Address:										
Phone:	Age:									
Email:										
<b>Activity</b>										
Have 3 servings of milk products today	2									
Have 5 glasses of water today	1									
Eat a healthy breakfast today	3									
Have a pop-free day	2									
Eat 6-10 servings of fruit/vegetables today	3									
Do an online live exercise class	2									
<b>To get any award, you <u>must</u> get a total of at least 50 points from the 6 rows above this line.</b>									<b>SUBTOTAL</b>	
Do a family activity outdoors for more than 20 minutes	4									
Sleep at least 8 hours the previous night	2									
Play a board game with family	2									
Have family teach you a new active game	1									
Play a catch and throw game for 20 minutes	3									
<b>To get any award, you <u>must</u> get a total of at least 35 points from the 5 rows above this line.</b>									<b>SUBTOTAL</b>	
Do 50 jumping jacks	2									
Do 10 push-ups and 10 sit-ups	2									
Play an active game for at least 30 minutes	5									
Go for a 30-min walk	2									
Go for a 10 minute run or skip for 10 minutes	2									
Go for a 30 minute bike ride	5									
Take a minimum of a 1/2 hr swim	5									
Play a sport for at least 30 minutes	5									
Move to music for 15 minutes	2									
Physical Activity , your choice for more than 15 minutes	3									
<b>To get any award, you <u>must</u> get a total of at least 100 points from the 10 rows above this line.</b>									<b>SUBTOTAL</b>	
GOLD - Have a sweet free day	2									
GOLD - Try a new fruit or vegetable	2									
GOLD - Go for a 15 minute run or jog	5									
GOLD - Eat 5 different vegetables today	2									
GOLD - Physical activity of your choice for 30 minutes	5									
GOLD - Have a junk food free week	10									
GOLD - Have a screen free day	5									
<b>To get a GOLD award, you <u>must</u> complete 6 of the 7 'GOLD' activities at least once and get a total of at least 50 points.</b>									<b>SUBTOTAL</b>	
										<b>GRAND TOTAL</b>
<b>Award Levels:</b>		Parent/ Guardian Name:								
Bronze +200 total points		Parent/ Guardian Signature:								
Silver +300 total points										
Gold +400 total points										
<b>Program runs from 1 May to 28 August 2020. Pass in by 1 September 2020.</b>										

