

Name:		Score for Activity	1st Completion	2nd Completion	3rd Completion	4th Completion	5th Completion	6th Completion	7th Completion	8th Completion	Total
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									
Visit a cultural event; Military Museum, Military Engineer Museum, Wednesday Concert Series		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 or friends		2									
Have family or friends 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 minute walk on the Deer Park Trails		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 lesson		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> Bronze +200 total points Silver +300 total points Gold +400 total points		Parent/ Guardian Name:  Parent/ Guardian Signature:									
<b>Program runs from 1 June to 19 August, 2016. Pass in by 26 August, 2016.</b>											

