

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:											
Activity											
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 or Wednesday Concert Series	2										
To get any award, you <u>must</u> get a total of at least 50 points from the 6 rows above this line.										SUBTOTAL	
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										
To get any award, you <u>must</u> get a total of at least 35 points from the 5 rows above this line.										SUBTOTAL	
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 on the Deer Park or Gateway 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	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										
To get any award, you <u>must</u> get a total of at least 100 points from the 10 rows above this line.										SUBTOTAL	
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										
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.										SUBTOTAL	
										GRAND TOTAL	
Award Levels: Bronze +200 total points Silver +300 total points Gold +400 total points		Parent/ Guardian Name:									
		Parent/ Guardian Signature:									
Program runs from 17 June to 23 August 2019. Pass in by 1 September 2019.											