

DIRECTIONS: DO all 6 Challenges to do before Monday 4th at Midnight
 Complete the table below before turning it in. Each Challenge is worth 5 Points. 30 Points
4th Set of Challenges – April 27th – May 4th (Deadline is Monday at Midnight)

NEW STATEWIDE GOAL: 20 minutes of Fitness & Health activity 5 days a week

❖ **Play/Practice Challenge**

- Attend the live Meeting this Thursday – April 30th at 1:00 – 1:30!
- OR – Play a game (board game, charades, heads-up, etc.) with your family

❖ **Work/Exercise Challenge**

- Go for a 1 mile walk or Jog 1-2 miles (20 minutes) – 2+ times this week!
- Do an Exercise Video from TV, Internet or Instagram - 1 or 2 times this week
- OR – 10 push-ups, 10 sit-ups, 10 jumping jacks – for 5 days = 50 each!

❖ **Screen Time Challenge**

- Stop using your phone after dinner or a time: 7 or 8 PM – Don't look at, touch or use it!

❖ **Sleep Challenge**

- Go to bed at the same time at least **3 NIGHTS** this week

❖ **Eat Challenge**

- Thursday – record everything that you eat – estimate how many calories you ate

❖ **Drink Challenge**

- Drink only water – no soda, energy drinks, coffee, sports drink, or juice – 1 or more days

Challenge	Day/Date Completed	Tell me what you did!
Play		
Exercise		
Screen Time		
Sleep		
Eat		
Drink		

STAY HEALTHY & ACTIVE
 REMEMBER DOING ANYTHING IS MORE THAN DOING NOTHING!
 STAY SAFE & STAY AT HOME