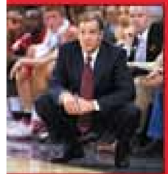
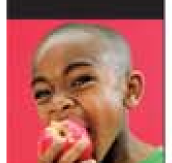


Coach’s Challenge

Teacher's Name

Name of School



	Week One						Week Two						Week Three						Week Four					
Student’s Name	M	T	W	Th	F	Total	M	T	W	Th	F	Total	M	T	W	Th	F	Total	M	T	W	Th	F	Total

How to Play the Coach’s Challenge

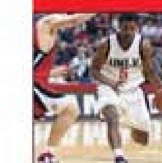
Step 1: Eat fruit and vegetables.
Step 2: Be physically active.
Step 3: Record your points.

Eat fruits and vegetables.

Each time you eat a fruit or vegetable = 1 POINT

Examples:

- apple
- carrots
- raisins
- green beans
- grapes
- celery
- oranges
- bananas
- broccoli
- cup of salad



Be physically active.

Each time you are physically active = 1 POINT

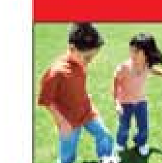
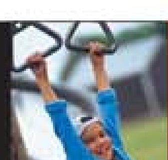
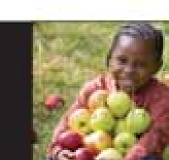
Examples:

- playing or moving for the whole recess
- attending PE class
- walking, riding a bike or scooter to or from school
- playing any sport
- riding a bike or scooter at home
- dancing
- playing at the park
- playing outside

GRAND TOTAL FOR CLASS

UNLV

SNHD Southern Nevada Health District

gethealthyclarkcounty.org
GET MOVING. BE SAFE. EAT BETTER. LIVE SMOKE-FREE.

CHILDRENS HEART CENTER NEVADA