

My Healthy Choices!

CHOOSING WELLNESS EVERY DAY!



 Physical Activity 1 POINT PER 15 MINUTES OF ACTIVITY GOAL: 30-60 MINUTES PER DAY
 Fresh Fruits & Vegetables 1 POINT PER SERVING GOAL: 2 FRUIT AND 3 VEGETABLES PER DAY
 Healthy Family Dinner AT THE TABLE - 1 POINT PER MEAL GOAL: AT LEAST ONE MEAL TOGETHER PER DAY
 Sleep 1 POINT FOR 8-10 HOURS GOAL: 8-10 HOURS PER NIGHT
 Wash Hands 1 POINT PER WASH GOAL: BEFORE EACH MEAL
 Cleaning & Helping (MAKE BED, PICK UP TOYS, ETC.) - 1 POINT PER ACTIVITY GOAL: 3 ACTIVITIES PER DAY
 Drink Water (CUPS, NOT BOTTLED) - 1 POINT PER 6 OZ. CUP GOAL: 6-8 CUPS PER DAY
 Thank You (SAY IT WHEN SOMEONE DOES SOMETHING NICE FOR YOU) - 1 POINT PER 'THANK YOU' GOAL: 5 TIMES PER DAY
 Get Outside (PLAY, READ, EAT) - 1 POINT PER OUTING GOAL: 1 OUTING PER DAY
 Play the 'I Love' Game* (PLAY, READ, EAT) - 1 POINT PER GAME GOAL: 1 TIME PER DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TOTAL: <input type="text"/>	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>	TOTAL: <input type="text"/>

*SEE BACK FOR 'I LOVE' GAME INSTRUCTIONS

How To Play

Total your points at the end of each day (sleep point would come from the night before)

At the end of the week, total up each day's points

Scoring

25 POINTS PER DAY, 7 DAYS PER WEEK (TOTAL OF 175 POINTS/WEEK) EARNS A WEEKLY REWARD, SUCH AS...

- CHOICE OF FAVORITE MEAL
- CHOICE OF MOVIE
- CHOICE OF BOARD, CARD OR OTHER TYPE OF GAME
- EXTRA BEDTIME STORY
- PLAY DATE WITH FRIEND OR SLEEP-OVER
- A FREE DAY WITH NO CHORES (BED, TOYS, ETC.)
- FIELD TRIP
 - PARK
 - ZOO
 - DEANNA ROSE
 - ARBORETUM
 - AQUARIUM
 - CROWN CENTER
 - WONDERSCOPE
 - KALEIDOSCOPE
 - POWELL GARDENS
 - THEATRE IN THE PARK
 - STARLIGHT

'I Love' Game Instructions:

WITH A PARTNER, FOR 1 MINUTE TAKE
TURNS TELLING EACH OTHER WHAT
YOU LOVE.

EXAMPLE: I LOVE SWIMMING, I LOVE MOMMY,
I LOVE FLOWERS, I LOVE SUNSHINE,
I LOVE ICE CREAM, ETC.