



## Individual Student Point Tracker

Student Name:

Teacher Name:



### Eat fruits and vegetables. Be physically active.

**Earn one point each time you eat a fruit or vegetable.**

Examples: apples, carrots, green beans, grapes, oranges, bananas, broccoli, a cup of salad, or strawberries.

**Earn one point each time you are physically active for 15 minutes.**

Examples: playing or moving for the whole recess, attending PE class, walking, riding a bike or scooter, playing any sport, dancing, or playing at the park.

Mon	Tue	Wed	Thu	Fri	Total
-----	-----	-----	-----	-----	-------

Week 1

Week 2

Week 3

Week 4

Grand Total

