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ACES 22

## 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

STUDENT NAME	М	т	w	тн	F	TOTAL	М	т	W	тн	F	TOTAL	м	т	W	TH F	TOTAL	м	т	W	тн	F	TOTAL	R
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CLASS ACTIVITY BREAKS																								
CLASS LESSON PLANS																								

2

POINTS

Max points per day per student = 20 points







Take a one minute class break. Earn two points each time a teacher incorporates a one-minute break for movement with the class. Up to 3 times per day = 6 points daily max Record points in the class activity break section below



## **Complete one healthy lesson plan or** activity as a class.

Earn three points each time a teacher or a student presents a lesson plan or activity about health to the classroom. Up to 2 times per day = 6 points daily max Record points in classroom lessons section below









ROW TOTAL