LAS VEGAS ACES SLAM DUNK HEALTH CHALLENGE

1 POINT

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

2 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

3 POINTS

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

STUDENT 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	ROW TOTAL
CLASS ACTIVITY BREAKS																									
CLASS LESSON PLANS																									

Max points per day per student = 20 points

GRAND TOTAL FOR CLASS