



## MY 5-WEEK CHALLENGE

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DATE

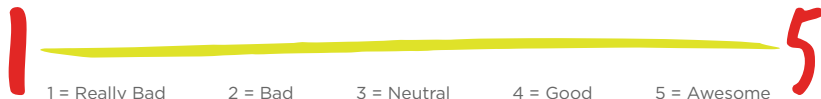
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# STUDENT PREVIEW

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

For questions 1-6, rate your answer on a scale of 1 to 5.



- |  |          |
|--|----------|
| 1. Exercising makes me feel ____.  | 1. _____ |
| 2. My self-confidence is ____ when I am making healthy choices.                  | 2. _____ |
| 3. How do you feel about trying to fuel yourself daily with 5 fruits/vegetables? | 3. _____ |
| 4. How do you feel about limiting yourself to 2 hours or less of screen time?    | 4. _____ |
| 5. How do you feel about limiting your sugary drinks to 0 per day?               | 5. _____ |
| 6. How do you feel you do at remaining active for 1 hour each day?               | 6. _____ |

## Mail to:

5820 Westown Parkway,  
West Des Moines, IA 50266  
ATTN: Hy-Vee KidsFit

## Scan to:

Kidsfit@hy-vee.com



# Hy-Vee KIDSFIT

Your free, online personal trainer and nutrition program for children, teens and families.

Learn more at [Hy-VeeKidsFit.com](http://Hy-VeeKidsFit.com).

## JOIN THE CLUB



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KIDSFIT CLUB

Sign up today at [Hy-VeeKidsFit.com](http://Hy-VeeKidsFit.com)

[hy-veekidsfit.com](http://hy-veekidsfit.com)



# WEEK 1 KIDSFIT GOALS

## GOAL-SETTING IS A GOOD LIFE SKILL TO LEARN.

You can set goals for yourself through exercises.

- For example:
- Right NOW, I can do a plank for 25 seconds with perfect form.
  - In one month, I WANT to be able to plank for 45 seconds.

It's important to make your goals realistic, meaning they shouldn't be too hard. But you don't want to make them too easy either.

- For example:
- I will drink 8 glasses of water every day.
  - I want to cross the monkey bars without stopping.

The [Goal-Setting Worksheet](#) (Visit [TRAINING TOOLS](#) on [hy-veekidsfit.com](#)) is a tool to set goals and take action to achieve them.

Put the list somewhere you can see it every day. Tell someone you trust about your goals to help hold you accountable. Stay motivated by using the [5-Week Fit Report](#) (Visit our [TRAINING TOOLS](#) on [hy-veekidsfit.com](#)) as a daily reminder to spend 10 to 15 minutes each day working on your goals.

## QUIZ CHALLENGE

Your goals should be realistic.

TRUE FALSE

Sharing your goals with family or friends will help:

- ☐ HOLD YOU ACCOUNTABLE
- ☐ MOTIVATE YOU
- ☐ ALL OF THE ABOVE



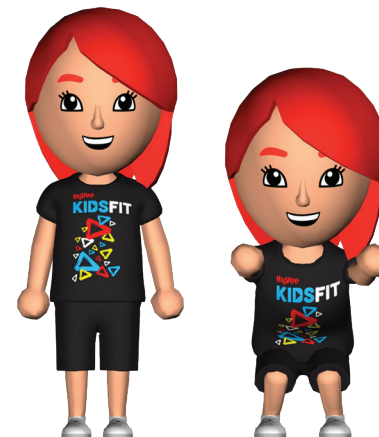
## HOW TO SQUAT

Visit [hy-veekidsfit.com](#) & sign into your [5-Week Challenge](#) to watch the How To video online.

Squats strengthen your legs. They help you get in and out of your chair, ride faster on your bike and jump higher!

### How to squat:

1. Start with your feet shoulder-width apart.
2. Push your bottom back and bend your knees.
3. Squat as low as you can without letting your knees go in front of your toes.
4. Push up through your heels, while squeezing your bottom.



▶ Start your morning with 10 squats. It will give you energy all day long.

## QUIZ CHALLENGE

Squats improve your leg strength.

TRUE FALSE

When squatting, your weight should be on your tiptoes.

TRUE FALSE

Visit [hy-veekidsfit.com](#) & sign into your [5-Week Challenge](#) to follow along with these videos:

## FIT, FAST & FUN

☐ Rookie ☐ Pro ☐ All-Star

Rounds Completed: \_\_\_\_\_

## STEP IT UP

☐ Rookie ☐ Pro ☐ All-Star

Time Completed: \_\_\_\_\_

## PARTNER POWER









































☐ Completed



# PERSONAL REVIEW

Visit our [BLOG POST on hy-veekidsfit.com](http://hy-veekidsfit.com)

to find out how much water you should be drinking!

M								
T								
W								
T								
F								

Track how much water you drink this week by filling the glasses as you go!

▶ I am committed to eating 5 fruits and vegetables each day.

▶ I am committed to limiting screen time to 2 hours each day.

▶ I am committed to moving 60 minutes each day.

▶ I am committed to having zero sugary drinks each day.

1. Before I exercised I felt: \_\_\_\_\_

2. During the exercises I felt: \_\_\_\_\_

3. After the exercises I felt: \_\_\_\_\_

4. What was the hardest exercise? \_\_\_\_\_

5. What was the easiest exercise? \_\_\_\_\_

6. Other thoughts/comments? \_\_\_\_\_

# WEEK 2 WARM UP (COOL DOWN)

## BEFORE WE START EXERCISING WE NEED TO WARM UP OUR MUSCLES!

Warm muscles lead to fewer injuries. Warming up also helps your flexibility so you won't be stiff when you work out.

Visit our [BLOG POST on hy-veekidsfit.com](http://hy-veekidsfit.com) for warm-up examples.

- High Knees 10 each leg
- Arm Circles Forward 10 repetitions
- Arm Circles Backward 10 repetitions
- Jumping Jacks 10 repetitions
- **REPEAT 2 TIMES**

You might work up a light sweat by the end of your second round, which is perfect! You are ready to exercise.

## Tips before starting a PLAY DAY

1. Understand the workout before starting. For example, 3 rounds for time means you will be doing the workout as fast as you can and your SCORE will be your ending time.
2. Practice the exercises in the activity before pushing play. You will feel more comfortable and it helps you avoid watching the screen throughout the workout.
3. Smile. Everything is easier and more fun when you have a good attitude.
4. Put on your favorite music and work out!

## AFTER YOU HAVE COMPLETED YOUR FIRST PLAY DAY, IT IS ALSO IMPORTANT TO COOL DOWN.

A proper cool-down will help reduce muscle soreness.

Visit our [BLOG POST on hy-veekidsfit.com](http://hy-veekidsfit.com) for cool-down examples.

- Scorpions 10 each leg
- Seated Hamstring Stretch hold 30 sec. each leg
- Static Quad Stretch hold 30 sec. each leg

## QUIZ CHALLENGE

Before starting a Play Day, you need to understand the workout and practice the exercises.

TRUE FALSE

After you complete the Play Day, it is important to cool down your body.

TRUE FALSE

A proper warm-up will:

- ☐ Help prevent injuries
- ☐ Help overall flexibility
- ☐ Improve your performance
- ☐ All of the above



# HOW TO PLANK

Visit [hy-veekidsfit.com](http://hy-veekidsfit.com) & sign into your [5-Week Challenge](#) to watch the How To video online.

Planks are an exercise for your core (abdominals and lower back).

When you are doing a plank, form is very important. When you feel like your form is failing, take a break to rest and then try again.

## How to plank:

1. Lie on your stomach.
2. Position your weight on your forearms, with your shoulders directly over your elbows. You should be up on your toes, feet slightly apart. If holding the position on your toes is not possible, hold the position on your knees with your feet up and together.
3. Hold this position with your head, shoulders, hips, knees and ankles in a nice straight line.
4. When you cannot hold the position properly, stop.

## QUIZ CHALLENGE

Planks are an exercise for your core.

TRUE FALSE

You need to plank for 60 seconds, regardless of form.

TRUE FALSE



▶ Record your time so you can see improvement on your next plank.

Time: \_\_\_\_\_

Visit [hy-veekidsfit.com](http://hy-veekidsfit.com) & sign into your [5-Week Challenge](#) to follow along with these videos:

## BLOCK IT OUT

☐ Rookie ☐ Pro ☐ All-Star

Rounds Completed: \_\_\_\_\_

## TICK TOCK

☐ Rookie ☐ Pro ☐ All-Star

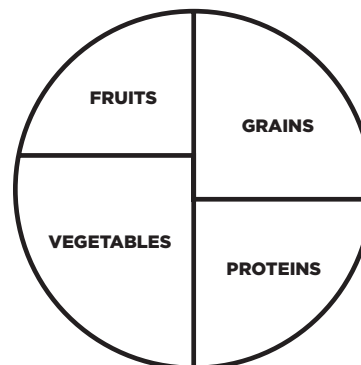
Time Completed: \_\_\_\_\_

## MEET MYPLATE

☐ Completed

Visit our [BLOG POST](#) on [hy-veekidsfit.com](http://hy-veekidsfit.com)

to learn about MYPLATE.



Draw your favorite food in each category!

Connect the colors to the correct food group!

RED

GREEN

BLUE

BROWN

PURPLE

DAIRY

FRUITS

GRAINS

PROTEINS

VEGETABLES

## PERSONAL REVIEW

▶ I am committed to eating 5 fruits and vegetables each day.

▶ I am committed to limiting screen time to 2 hours each day.

▶ I am committed to moving 60 minutes each day.

▶ I am committed to having zero sugary drinks each day.

1. Before I exercised I felt: \_\_\_\_\_

2. During the exercises I felt: \_\_\_\_\_

3. After the exercises I felt: \_\_\_\_\_

4. What was the hardest exercise? \_\_\_\_\_

5. What was the easiest exercise? \_\_\_\_\_

6. Do you have more energy this week? \_\_\_\_\_

Other thoughts/comments? \_\_\_\_\_

# WEEK 3 DO YOUR PERSONAL BEST

## EXERCISING SHOULD BE FUN.

In fact, walking to school, riding bikes and playing kickball at recess are all considered exercise. You probably exercise all the time without realizing it!

It is good to pay attention to how hard you work while exercising. Your body will benefit if you exercise at the right level. Measuring the intensity of the activity is fun AND easy.

## Use a scale of 0 to 5

0

5

- Sitting
- Watching TV
- Sleeping
- Walking quickly
- Dancing
- Slowly riding your bike
- Running/Jogging
- Jumping rope
- Biking uphill

For example, sleeping would count as 0 and exercising as hard as you can would count as 5. Assigning a number to how you feel while exercising helps you know how hard your heart is working.

- Remember everyone's level for the same activity is different. For you, running a mile might be a 3, but for your friend it might be a 5.
- When completing a challenge, try to exercise at a level 4. If that is too hard, back down to a 3 until you feel comfortable.
- As you exercise more, IT WILL GET EASIER. With every workout you will gain more CONFIDENCE in yourself and what your body can do!

## QUIZ CHALLENGE

If you think you are working too hard, push yourself more.

When completing a PLAY DAY, you should strive to complete the activity at a level 4.

Everyone's level for the same activity is different.

TRUE FALSE

TRUE FALSE

TRUE FALSE

## HOW TO DO PUSH-UPS

Visit [hy-veekidsfit.com](http://hy-veekidsfit.com) & sign into your [5-Week Challenge](#) to watch the How To video online.

Push-ups help you strengthen your arms and your chest. When you do push-ups you will see great benefits to your whole body.

### How to do push-ups:

1. Kneel on the floor and place your hands about as wide as your shoulders, with your fingers pointing forward.
2. Maintain a "flat back" and lower your body toward the floor.
3. As you lower your body keep your elbows close to your side.
4. When your chest almost touches the floor, push your body up until your arms are fully extended.

Quality over quantity! If push-ups are easy on your knees, go ahead and try a few on your toes. Just remember to maintain your form.

## QUIZ CHALLENGE

Push-ups work your arms and chest, and build muscular strength.

You should do quality repetitions over quantity repetitions.

TRUE FALSE

TRUE FALSE

▶ Challenge your family or friend to a push-up contest!



▶ How many PERFECT PUSH-UPS can you do in 30 seconds?



Visit [hy-veekidsfit.com](http://hy-veekidsfit.com) & sign into your [5-Week Challenge](#) to follow along with these videos:

## DECKED OUT

☐ Rookie ☐ Pro ☐ All-Star

Rounds Completed: \_\_\_\_\_

## ANIMAL AGILITY

☐ Rookie ☐ Pro ☐ All-Star

Time Completed: \_\_\_\_\_

## TABATA TOGETHER

☐ Completed

# PERSONAL REVIEW

## USING THE 0-5 SCALE

Rate the exercises you performed this week.

### Push-ups

0 \_\_\_\_\_ 5

### Decked Out

0 \_\_\_\_\_ 5

### Animal Agility

0 \_\_\_\_\_ 5

### Tabata Together

0 \_\_\_\_\_ 5

▶ I am committed to eating 5 fruits and vegetables each day.

▶ I am committed to limiting screen time to 2 hours each day.

▶ I am committed to moving 60 minutes each day.

▶ I am committed to having zero sugary drinks each day.

1. Before I exercised I felt: \_\_\_\_\_

\_\_\_\_\_

2. During the exercises I felt: \_\_\_\_\_

\_\_\_\_\_

3. After the exercises I felt: \_\_\_\_\_

\_\_\_\_\_

4. What was the hardest exercise? \_\_\_\_\_

\_\_\_\_\_

5. What was the easiest exercise? \_\_\_\_\_

\_\_\_\_\_

6. Review your goals. Have you seen improvement? \_\_\_\_\_

\_\_\_\_\_

# WEEK 4 3 REASONS TO BE ACTIVE

Did you know that kids need 60 minutes of activity a day? That's hard to do when you are sitting at school most of the day. Sometimes kids who don't play or enjoy sports struggle with being active. It is important to understand that playing sports is not the only way to be active.

## DO YOU KNOW WHY IT IS IMPORTANT TO BE ACTIVE?

1. Being active builds strong muscles and bones.
2. Staying active every day helps maintain a healthy weight.
3. Being active daily gives you a positive outlook on life to do better in school and increase your confidence.

Now let's brainstorm ways to be active throughout the day when you don't have P.E. at school. Being active doesn't always mean planned exercise. Being active can mean going outside and playing. Use your imagination!

Take a few minutes and think about what you can do before or after school to stay active.

### Examples

- Go to the park
- Walk the dog
- Shoot baskets outside
- Ride bikes with friends
- Complete a HY-VEE KIDSFIT PLAY DAY  
(Visit [hy-veekidsfit.com](http://hy-veekidsfit.com) & sign into your 5-Week Challenge)

### List 3 ways you can be active:

- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_

## QUIZ CHALLENGE

Kids need to be active for 30 minutes every day.

TRUE FALSE

Which of the following is NOT a reason to be active:

- ☐ Builds strong bones and muscles
- ☐ Makes you better than others
- ☐ Helps maintain a healthy weight
- ☐ Gives you a positive outlook on life



# HOW TO LUNGE

Visit [hy-veekidsfit.com](http://hy-veekidsfit.com) & sign into your [5-Week Challenge](#) to watch the How To video online.

Lunging is a good lower-body exercise that helps strengthen your bottom and legs. Lunges also help strengthen the joints around your knees.

## How to lunge:

1. Stand tall with your feet facing forward spaced one foot apart.
2. Focus on a spot about 3 feet in front of you.
3. Step your right foot forward about 3 to 4 feet.
4. Lower the left knee toward the floor. Your front knee should not go in front of your toes.
5. When your front and back knee reach a 90° angle, press your body back to the starting position and switch legs.



▶ Start with 5 repetitions on each leg. Do additional sets as you increase your confidence.



## QUIZ CHALLENGE

The lunge works the legs and bottom.

TRUE FALSE

When performing the lunge, the forward leg should not have the knee go in front of the toes.

TRUE FALSE

Visit [hy-veekidsfit.com](http://hy-veekidsfit.com) & sign into your [5-Week Challenge](#) to follow along with these videos:

## FINAL COUNTDOWN

☐ Rookie ☐ Pro ☐ All-Star

Rounds Completed: \_\_\_\_\_

## MOVING ON UP

☐ Rookie ☐ Pro ☐ All-Star

Time Completed: \_\_\_\_\_

## THROWBACK FITNESS

☐ Completed

# PERSONAL REVIEW

**GO - SLOW - WHOA**

Visit our [BLOG POST](#) on [hy-veekidsfit.com](http://hy-veekidsfit.com).



Draw a line from the food/drink to the correct circle!

▶ I am committed to eating 5 fruits and vegetables each day.

▶ I am committed to limiting screen time to 2 hours each day.

▶ I am committed to moving 60 minutes each day.

▶ I am committed to having zero sugary drinks each day.

1. Before I exercised I felt: \_\_\_\_\_

2. During the exercises I felt: \_\_\_\_\_

3. After the exercises I felt: \_\_\_\_\_

4. What was the hardest exercise? \_\_\_\_\_

5. What was the easiest exercise? \_\_\_\_\_

6. Review your goals. Have you seen improvement? \_\_\_\_\_

# WEEK 5 AFTER-SCHOOL SNACKING

Snacks are a great way to end the school day! After learning and playing all day, snacking can give you an energy boost and help you get your daily nutrients. Choose tasty, nutritious snacks that won't ruin your dinner.

## USE FUN TOOLS:

MYPLATE (<http://www.choosemyplate.gov>) is a fun tool that helps you choose the right foods for snacks and meals. You will learn how much of each food group to eat. Remember that all meals and snacks should be half fruits or vegetables.

## THINK HEALTHY:

Snacking is an opportunity to eat healthy, not to eat junk food.

## GET SNACKS READY:

Help mom or dad keep healthy foods available. After a trip to the grocery store, help wash fresh produce, cut up vegetables and put trail mix or whole-grain crackers in snack-size baggies. That way snack options will be ready when you get home from school!

## NEED SOME GOOD SNACK IDEAS?

Here are three ideas from Hy-Vee dietitians:

1. Lite or fat-free Greek yogurt paired with sliced bananas or berries and a dash of granola.
2. 2% string cheese sticks paired with grapes or baby carrots.
3. Peanut butter on a whole-wheat tortilla with apple slices.

## QUIZ CHALLENGE

MyPlate is a tool to help you learn the serving sizes you should eat.

TRUE FALSE

When eating a snack, half should be candy.

TRUE FALSE

Healthy snacks help you get your daily nutrients.

TRUE FALSE

## HOW TO DO A SUPERMAN

Visit [hy-veekidsfit.com](http://hy-veekidsfit.com) & sign into your [5-Week Challenge](#) to watch the How To video online.

The basic superman exercise helps strengthen your lower back muscles, which will improve your posture and balance.

### How to do a superman:

1. Get on your hands and knees. Make sure your hands are below your shoulders and your knees are under your hips.
2. Extend your right arm forward and your left leg backward until they are parallel to the floor.
3. Bring your left knee and right hand back to the mat and switch to the left arm forward and right leg back.
4. Repeat 5 to 10 times on each side.



Use kneeling supermans to warm up and cool down after you exercise. Your back and abdominals will get stronger!

## QUIZ CHALLENGE

Kneeling supermans make your back weak.

TRUE FALSE

Visit [hy-veekidsfit.com](http://hy-veekidsfit.com) & sign into your [5-Week Challenge](#) to follow along with these videos:

## UPS & DOWNS

☐ Rookie ☐ Pro ☐ All-Star

Rounds Completed: \_\_\_\_\_

## CORE CRAZY

☐ Rookie ☐ Pro ☐ All-Star

Time Completed: \_\_\_\_\_

## DONE IN 60 SECONDS

☐ Completed

# PERSONAL REVIEW

## Build 5 examples of a **HEALTHY SNACK!**

1. \_\_\_\_\_

▶ I am committed to eating 5 fruits and vegetables each day.

2. \_\_\_\_\_

▶ I am committed to limiting screen time to 2 hours each day.

3. \_\_\_\_\_

▶ I am committed to moving 60 minutes each day.

4. \_\_\_\_\_

5. \_\_\_\_\_

▶ I am committed to having zero sugary drinks each day.

1. Before I exercised I felt: \_\_\_\_\_

2. During the exercises I felt: \_\_\_\_\_

3. After the exercises I felt: \_\_\_\_\_

4. What was the hardest exercise? \_\_\_\_\_

5. What was the easiest exercise? \_\_\_\_\_

6. Have some exercises become easier over the last 5 Weeks? \_\_\_\_\_

# WHERE CONVENIENCE MEETS CARE.

Your local Hy-Vee dietitian and pharmacist can help you focus on your personal nutrition and health needs. Contact them today!

## PHARMACY SERVICES:

- Free local prescription delivery. See store for details.
- Drive-thru pharmacy
- Accept all prescription drug plans including Medicare and Medicaid.
- Immunizations - flu, pneumonia, shingles and more
- Hy-Vee Repeat Refills® - automatic prescription refill service
- Skip the wait - receive notifications by phone, text or email when your prescriptions are ready
- Medication Therapy Management
- Generic medications as low as \$4
- We've made it easy to transfer your prescriptions - ask your pharmacist, download our mobile app or visit [hy-vee.com](http://hy-vee.com) for details.
- And more.

## DIETITIAN SERVICES:

- Diabetes prevention
- Cholesterol screenings
- Weight management
- Quick meal ideas
- Personalized nutritional consultations
- And more.

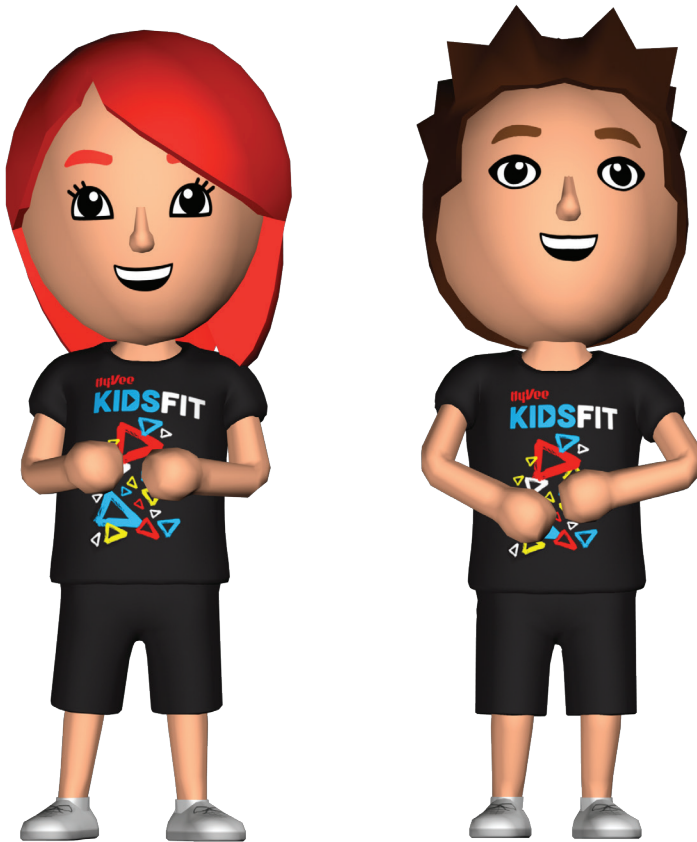
**HyVee**  
pharmacy

**HyVee**  
healthy you





# MAIL IN THIS FINAL REVIEW TO REDEEM YOUR PRIZE!



## Mail to:

5820 Westown Parkway,  
West Des Moines, IA 50266  
ATTN: Hy-Vee KidsFit

## Scan to:

Kidsfit@hy-vee.com

## FINAL REVIEW

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

For questions 1-6, rate your answer on a scale of 1 to 5.

1 = Really Bad    2 = Bad    3 = Neutral    4 = Good    5 = Awesome

1. Exercising makes me feel \_\_\_\_.
2. My self-confidence is \_\_\_\_ when I am making healthy choices.
3. How do you feel about continuing to try to fuel yourself daily with 5 fruits and/or vegetables?
4. How do you feel about continuing to try to limit yourself to 2 hours or less of screen time?
5. How do you feel about continuing to limit your sugary drinks to 0 per day?
6. How do you feel about continuing to remain active for 1 hour each day?

## Part 2: Quiz

7. Do you plan to remain active? Y / N  
If so, tell us how. \_\_\_\_\_
8. Which activities helped increase the muscular strength in your legs?  
\_\_\_\_\_
9. Which activities helped increase the muscular strength in your arms?  
\_\_\_\_\_
10. Which activities helped increase the muscular strength in your core?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. Give us 3 examples of realistic and measurable health-related goals.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\* Any questions/comments for your Hy-Vee KidsFit Team? \_\_\_\_\_

SAVE  
TIME.  
SHOP  
ONLINE.



hy-veeaislesonline.com

Hy-Vee  
**KIDSFIT**

SCHOOL NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_

NAME OF STUDENT: \_\_\_\_\_

*Daira Driftmeir*  
DAIRA DRIFTMEIR  
Hy-Vee KidsFit Personal Trainer

TEACHER \_\_\_\_\_

DATE \_\_\_\_\_

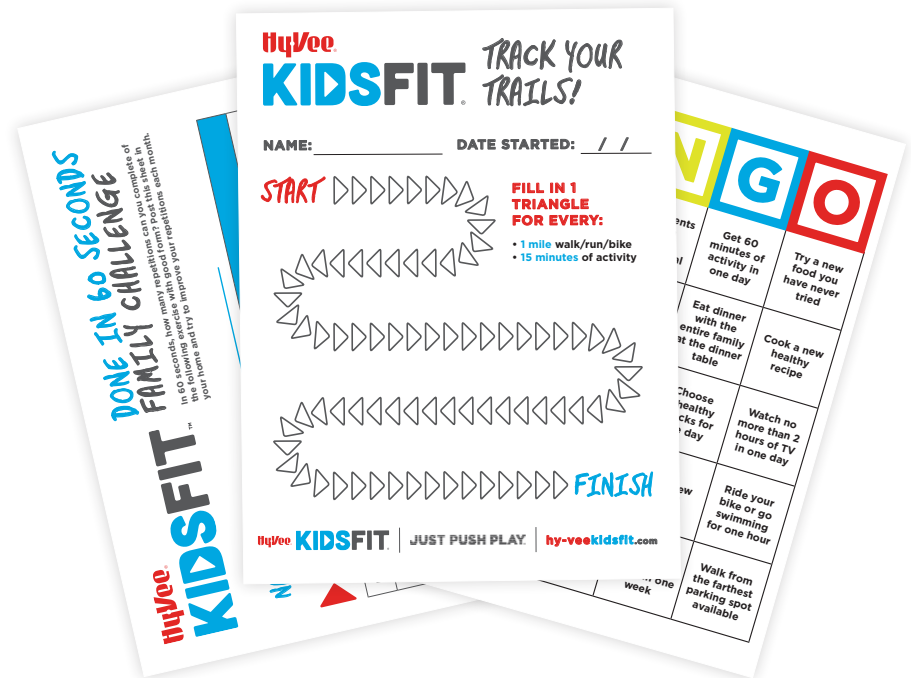
Hy-Vee **KIDSFIT** | JUST PUSH PLAY. | [hy-veekidsfit.com](http://hy-veekidsfit.com)



DOWNLOAD  
THE HY-VEE APP  
TODAY!



## OTHER WAYS YOU CAN REMAIN ACTIVE



Visit [hy-veekidsfit.com](http://hy-veekidsfit.com) for more activities.  
Return your completed activities to your  
local Hy-Vee store to redeem a prize!

\*prizes may vary by store



# DONE IN 60 SECONDS

Have you shown your family the improvement of your strength and endurance? This activity is an opportunity to show them what you have learned. You may even inspire them to learn more about health and fitness at home.

**For this FAMILY FIT DAY  
you only need a stopwatch.**

In 60 seconds, how many repetitions can you complete of the following exercises with good form?

- [Push-Ups](#)
- [Sit-Ups](#)
- [Burpees](#)
- [Squats](#)

Visit our [BLOG POST](#) on [hy-veekidsfit.com](#) to see the demo of the exercises.

Take turns timing each other. Remember to encourage one another throughout the exercise.

- ▶ Located on the next page of this booklet is a sheet to record your family challenge.
- ▶ Post this sheet somewhere you can see it and try to improve your scores each month.

AMOUNT COMPLETED: \_\_\_\_\_

GUARDIAN/TEACHER INITIALS: \_\_\_\_\_

HyVee®

KIDSFIT™

DONE IN 60 SECONDS  
FAMILY CHALLENGE

In 60 seconds, how many repetitions can you complete of the following exercise with good form? Post this sheet in your home and try to improve your repetitions each month.

NAME: \_\_\_\_\_

DATE					
--/--	--/--	--/--	--/--	--/--	
					PUSH-UPS
					SIT-UPS
					BURPEES
					SQUATS

HyVee

KIDSFIT

TRACK YOUR TRAILS!

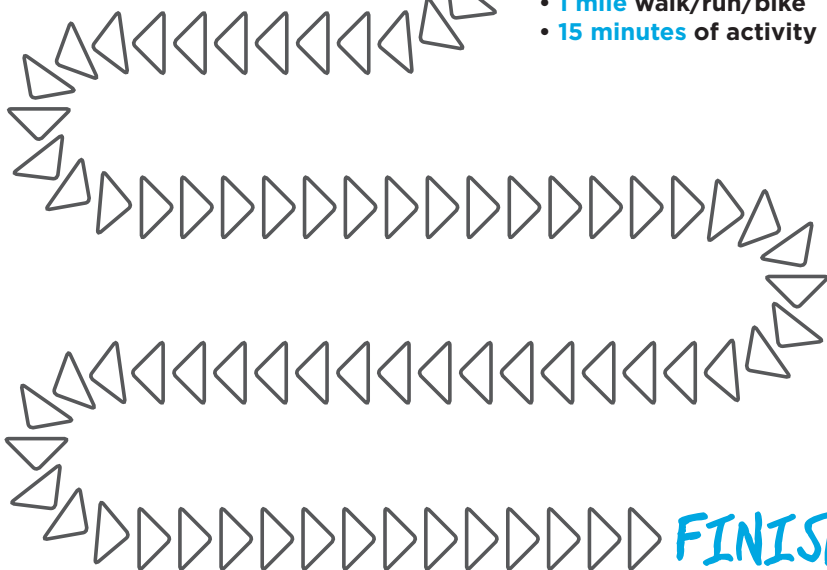
NAME: \_\_\_\_\_ DATE STARTED: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

START



**FILL IN 1 TRIANGLE FOR EVERY:**

- 1 mile walk/run/bike
- 15 minutes of activity



FINISH

HyVee KIDSFIT | JUST PUSH PLAY | [hy-veekidsfit.com](http://hy-veekidsfit.com)

REWARD FOR THE CLASSROOM UPON COMPLETION:

STAY MOTIVATED TO MAKE HEALTHY CHOICES AT HOME

B	I	N	G	O
Eat 3 servings of fruit in one day	Drink 8 glasses of water in one day	Help parents cook a healthy dinner meal	Get 60 minutes of activity in one day	Try a new food you have never tried
Take a 1-mile walk	Eat perfect portions using MyPlate!	Eat 4 servings of whole grains in one day	Eat dinner with the entire family at the dinner table	Cook a new healthy recipe
Eat 2 servings of fish in one week	Invite a friend to play outside	Eat 4 servings of vegetables in one day	Choose 2 healthy snacks for the day	Watch no more than 2 hours of TV in one day
Go grocery shopping with your parents	Eat or drink 3 servings of dairy in one day	Eat a healthy breakfast	Try a new sport!	Ride your bike or go swimming for one hour
Eat breakfast 5 days in a row	Eat 5 colors of the rainbow in one week	Try a new activity as a family	Eat dinner as a family 5 nights in one week	Walk from the farthest parking spot available

Visit our [TRAINING TOOLS](http://hy-veekidsfit.com) on [hy-veekidsfit.com](http://hy-veekidsfit.com) to print your own bingo sheet.

# TRY NEW FOODS AT HOME OR AT SCHOOL

Visit our [BLOG](#) to read more about the Try New Foods Challenge.

Visit our [TRAINING TOOLS](#) on [hy-veekidsfit.com](http://hy-veekidsfit.com) for the full-page pdf.



TRY NEW FOODS!

VEGETABLES	FRUIT	PROTEIN	GRAINS	DAIRY
<input type="checkbox"/> Asparagus <input type="checkbox"/> Avocados <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Butternut Squash <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Cabbage <input type="checkbox"/> Cucumbers <input type="checkbox"/> Green Beans <input type="checkbox"/> Jicama <input type="checkbox"/> Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Peppers <input type="checkbox"/> Squash <input type="checkbox"/> Tomatoes	<input type="checkbox"/> Apricots <input type="checkbox"/> Bananas <input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Cherries <input type="checkbox"/> Honeydew <input type="checkbox"/> Kiwi <input type="checkbox"/> Mangoes <input type="checkbox"/> Nectarines <input type="checkbox"/> Peaches <input type="checkbox"/> Pineapple <input type="checkbox"/> Pomegranate <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Tangerines <input type="checkbox"/> Watermelon	<input type="checkbox"/> Almond Butter <input type="checkbox"/> Almonds <input type="checkbox"/> Beans <input type="checkbox"/> Beef <input type="checkbox"/> Cashews <input type="checkbox"/> Chia Seeds <input type="checkbox"/> Chicken <input type="checkbox"/> Edamame <input type="checkbox"/> Fish <input type="checkbox"/> Hummus <input type="checkbox"/> (Chickpea Spread) <input type="checkbox"/> Peanut Butter <input type="checkbox"/> Pumpkin Seeds <input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Sunflower Seeds <input type="checkbox"/> Tofu <input type="checkbox"/> Veggie Burgers <input type="checkbox"/> Walnuts	<input type="checkbox"/> Barley <input type="checkbox"/> Brown Rice <input type="checkbox"/> Buckwheat <input type="checkbox"/> Bulgur <input type="checkbox"/> Millet <input type="checkbox"/> Oatmeal <input type="checkbox"/> Quinoa <input type="checkbox"/> Rolled Oats <input type="checkbox"/> Rye <input type="checkbox"/> Sorghum <input type="checkbox"/> Triticale <input type="checkbox"/> Whole Wheat <input type="checkbox"/> Wild Rice	<input type="checkbox"/> Cottage Cheese <input type="checkbox"/> Kefir <input type="checkbox"/> Rice Milk <input type="checkbox"/> Ricotta Cheese <input type="checkbox"/> Soy Milk <input type="checkbox"/> Soy Yogurt <input type="checkbox"/> Yogurt <input type="checkbox"/> (Fat-Free, Low Fat, Reduced Fat, Whole Milk)





The background is a dense, chaotic pattern of white, hand-drawn scribbles and lines. Interspersed among these are several large, stylized triangles in bright colors: red, yellow, and blue. The triangles are also drawn with a thick, hand-drawn style, giving them a sense of movement and energy. The overall effect is a vibrant, abstract composition that suggests a fun and active environment.

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