



## Healthy Eating Challenge Log

You must stick to the **Healthy Eating Challenge** for 5 of the 7 days of the week in order to successfully complete a weekly challenge. For each week that you are successful, you will receive a green uniform star.

**Student Name:** \_\_\_\_\_ **Week of:** \_\_\_\_\_

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Parent Initials							

ENCOURAGE EVERYONE IN YOUR FAMILY TO PARTICIPATE  
AND CREATE A HEALTHY ROUTINE FOR LIFE!

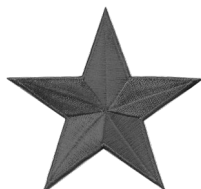
# *Healthy Eating Challenge*

*EAT SMART    TRAIN HARD    LOOK GOOD    FEEL GREAT*

This cycle, we will be working on making choices to improve our overall health and fitness. A Green Fitness Star will be awarded to students who complete a successful week of healthy choices.

- Review each Healthy Eating Challenge in class and at home, there will be a different challenge each week during the cycle
- Successfully follow the Healthy Eating Challenge for 5 out of 7 days for that week
- Return the green Healthy Eating Challenge Log to your instructor

FOR EACH SUCCESSFUL WEEK YOU EARN A GREEN STAR!



***Is Your Family Up  
For The Challenge?***