GETREADYGETSET...GO!

Catch A Family Member Being Healthy - Explore Nutrition!

Goal: Your goal is to be caught being HEALTHY. A family member must catch you! You may not pointout your Healthy Habit in any way.

Directions: Write your family names on the chart. Place a star in the square every time you catch a family member "being healthy" by eating a fruit, vegetable or drinking water. At the end of the week count the number of times you were caught being healthy. Try to beat your score each week!







Eating a Fruit

Eating a Vegetable

Drinking Water

	DAYS					DAYS					DAYS				
NAMES	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Name															
Name															
Name															
Name															
Name															
totals															



