

Potential **HEALTH CHALLENGE LIST** for the importance of **Physical Activity**

Task	Reward
Replace 1 hour of screen time with physical activity	2 points
Complete a fifteen-minute walk	2 points
Full exercise three times (10 jumping jacks, 5 push-ups, jump in the air reaching your hands to the sky, and when you land touch the ground 10 times)	2 points

Potential **HEALTH CHALLENGE LIST** for the importance of **Nutrition**

Task	Reward
Fill half the dinner plate with vegetables	2 points
Replace sweet treats (ex. Candy) with sweet fruit (ex. Strawberry)	2 points
Eat veggies of 3 different colors (ex. carrot, green beans, red bell peppers)	2 points

Potential **HEALTH CHALLENGE LIST** for the importance of **Sleep**

<b>Task</b>	<b>Reward</b>
Have 30 minutes of no screens before bed	2 points
Do stretches right before bed	2 points
Read a bed book before bed	2 points

<b>Ideas for 10-point reward</b>
Picnic in the park
Movie
New art supplies (coloring book, markers, etc.)
Trip to frozen yogurt shop
Trip to museum/science place