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| --- | --- | --- | --- | --- |
| Eat Green Vegetables Image result for green vegetables\_\_\_\_\_\_\_\_\_\_ | Do 20 Jumping Jacks Image result for jumping jacks | Pick Up TrashImage result for pick up trash | Eat Purple FruitsImage result for purple fruits\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | No more than 30 minutes of tv or electronics |
| Give Your Family Member a Hug and Tell Them Something You Like About Them  | Eat at Least Three Colors Today!Image result for rainbow food | Help a Friend or Family Member Today Without Being Asked! | Eat Something Red today!  | Go to Sleep by 8:00 Tonight! |
| Eat at Least Three Colors Today! Image result for rainbow food | Drink at Least 2 Glasses of Water Today! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | No more than 30 minutes of tv or electronics today! | Do 10 Push Ups and 20 Windmills! | Help an animal in need! |
| Write Down Something You Love About Yourself!  | Eat Green VegetablesImage result for green vegetables | Pick Up TrashImage result for pick up trash | Laugh at Something Funny Today!!! | Eat Yellow Fruits and Vegetables Today!  |
| Go to Sleep by 8:00 Tonight!! | Set the table and sit down at the table with your family for a meal! | Eat at Least Three Colors Today!Image result for rainbow food | Help a Friend or Family Member Today Without Being Asked! | Do 20 Jumping JacksImage result for jumping jacks |
| Eat Purple FruitsImage result for purple fruits\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Do something FUN outside! | No more than 30 minutes of tv or electronics | Eat at Least Three Colors Today!Image result for rainbow food | Drink at Least 2 Glasses of Water Today! \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |