|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Eat Green Vegetables  [Image result for green vegetables](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjM5_LY1sXVAhVC4oMKHcH_CBIQjRwIBw&url=https://www.thealthbenefitsof.com/11-amazing-health-benefits-green-vegetables/&psig=AFQjCNGwJF6-NYqvXdPiQpB7blVtTmN3wA&ust=1502214351811667)  \_\_\_\_\_\_\_\_\_\_ | Do 20 Jumping Jacks  [Image result for jumping jacks](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjY_KT_1sXVAhUf0IMKHauiCKgQjRwIBw&url=http://www.spanishdict.com/answers/124957/jumping-jack-in-spanish&psig=AFQjCNESQAYj0l5tE4RfH3JbqOdUJbfHEA&ust=1502214424312041) | Pick Up Trash  [Image result for pick up trash](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjI_prM18XVAhVL5YMKHSM5D_IQjRwIBw&url=https://pngtree.com/so/pick%20up%20trash&psig=AFQjCNGxn38JkcAmJw_LuKF0bev8NqhGWA&ust=1502214565243654) | Eat Purple Fruits  [Image result for purple fruits](https://www.google.com/imgres?imgurl=http://a2889z1.americdn.com/wp-content/uploads/2013/08/The-Colors-of-Fruits-and-Vegetables21.jpg&imgrefurl=http://www.healthyfoodstar.com/the-colors-of-fruits-and-vegetables/&docid=CO5N6HvisHCPlM&tbnid=XkTBnRXf3lpVXM:&vet=10ahUKEwiLtaft18XVAhVD5SYKHXTgBhgQMwihAigzMDM..i&w=400&h=290&bih=714&biw=1536&q=purple%20fruits&ved=0ahUKEwiLtaft18XVAhVD5SYKHXTgBhgQMwihAigzMDM&iact=mrc&uact=8)  \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 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](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwig-9f82sXVAhWE4SYKHd-uA0IQjRwIBw&url=https://www.happyhealthycouple.com/rainbow-diet-food-list&psig=AFQjCNElLcaOPHL7no6MVklxmwKucEiMhA&ust=1502215497310089) | 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](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwig-9f82sXVAhWE4SYKHd-uA0IQjRwIBw&url=https://www.happyhealthycouple.com/rainbow-diet-food-list&psig=AFQjCNElLcaOPHL7no6MVklxmwKucEiMhA&ust=1502215497310089) | 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 Vegetables  [Image result for green vegetables](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjM5_LY1sXVAhVC4oMKHcH_CBIQjRwIBw&url=https://www.thealthbenefitsof.com/11-amazing-health-benefits-green-vegetables/&psig=AFQjCNGwJF6-NYqvXdPiQpB7blVtTmN3wA&ust=1502214351811667) | Pick Up Trash  [Image result for pick up trash](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjI_prM18XVAhVL5YMKHSM5D_IQjRwIBw&url=https://pngtree.com/so/pick%20up%20trash&psig=AFQjCNGxn38JkcAmJw_LuKF0bev8NqhGWA&ust=1502214565243654) | 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](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwig-9f82sXVAhWE4SYKHd-uA0IQjRwIBw&url=https://www.happyhealthycouple.com/rainbow-diet-food-list&psig=AFQjCNElLcaOPHL7no6MVklxmwKucEiMhA&ust=1502215497310089) | Help a Friend or Family Member Today Without Being Asked! | Do 20 Jumping Jacks  [Image result for jumping jacks](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjY_KT_1sXVAhUf0IMKHauiCKgQjRwIBw&url=http://www.spanishdict.com/answers/124957/jumping-jack-in-spanish&psig=AFQjCNESQAYj0l5tE4RfH3JbqOdUJbfHEA&ust=1502214424312041) |
| Eat Purple Fruits  [Image result for purple fruits](https://www.google.com/imgres?imgurl=http://a2889z1.americdn.com/wp-content/uploads/2013/08/The-Colors-of-Fruits-and-Vegetables21.jpg&imgrefurl=http://www.healthyfoodstar.com/the-colors-of-fruits-and-vegetables/&docid=CO5N6HvisHCPlM&tbnid=XkTBnRXf3lpVXM:&vet=10ahUKEwiLtaft18XVAhVD5SYKHXTgBhgQMwihAigzMDM..i&w=400&h=290&bih=714&biw=1536&q=purple%20fruits&ved=0ahUKEwiLtaft18XVAhVD5SYKHXTgBhgQMwihAigzMDM&iact=mrc&uact=8)  \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Do something FUN outside! | No more than 30 minutes of tv or electronics | Eat at Least Three Colors Today!  [Image result for rainbow food](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwig-9f82sXVAhWE4SYKHd-uA0IQjRwIBw&url=https://www.happyhealthycouple.com/rainbow-diet-food-list&psig=AFQjCNElLcaOPHL7no6MVklxmwKucEiMhA&ust=1502215497310089) | Drink at Least 2 Glasses of Water Today!  \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |