



# DAILY CHALLENGE



Healthiest State  
INITIATIVE  
[www.IowaHealthiestState.com](http://www.IowaHealthiestState.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks	_____ # of fruits and veggies _____ 2 hours or less of screen time _____ 1 hour of physical activity _____ 0 sugar-sweetened drinks
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Score one point for each serving of a fruit or veggie \_\_\_\_\_ Points

Score 2 points for every day you had 2 hours or less of "screen" time (tv, computer, video games) \_\_\_\_\_ Points

Score 2 points for every day you participated 1 hour or more in physical activity \_\_\_\_\_ Points

Score 2 points for every day you had zero servings of a sugar-sweetened drink \_\_\_\_\_ Points

Score 2 bonus points for each new fruit and veggie you ate! \_\_\_\_\_ Points

Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Total Points \_\_\_\_\_