



**Hey kids!** Join your class mates in a one week challenge to see how you are travelling with your healthy habits.  
Healthy habits = a happier, healthier, fitter you!

**All you have to do is colour in a picture each time you:**

- ✓ Get to and from school in an active way. ✓ "Crunch" some fruit or veggie "and sip" water in your break at school. ✓ Eat veggies each day.
- ✓ Be active each day. ✓ Replace your time spent playing on screens (smart phones, tablets, hand held electronic games, computers and TVs) with another activity.

At the end of the week, add up your total and see how well you are travelling! Turn over the page for tips on how to reach your goal each day.



|                          | Get to and from school in an active way<br>Catch the bus = 1 point<br>Walk part of the way = 1 point<br>Ride/walk all the way = 2 points<br>(Tip: Also add walk/ride points to your "Be Active" Points) | Crunch&Sip®<br>Eat veggies or fruit = 1 point<br>Drink water = 1 point<br>(Tip: If you ate a veggie, also add your veggie point to your "Eat veggies" points) | Eat veggies<br>1 serve = 1 point<br>2 serves = 2 points<br>3 serves = 3 points<br>4 serves = 4 points<br>5 serves = 5 points | Be active<br>15 mins = 1 point<br>30 mins = 2 points<br>45 mins = 3 points<br>1 hour = 4 points<br>>1hr 15mins = 5 points | Replace screen time with<br>1 activity = 1 point<br>2 activities = 2 points<br>(Any physical activity that you do, add to your "Be active" points) | Total points each day |
|--------------------------|---|---|--|---|--|-----------------------|
| Monday                   |   |   |  |   |  | /16                   |
| Tuesday                  |   |   |  |   |  | /16                   |
| Wednesday                |   |   |  |   |  | /16                   |
| Thursday                 |   |   |  |   |  | /16                   |
| Friday                   |   |   |  |   |  | /16                   |
| Grand Total for the week |   |   |  |   |  | /80                   |

## CONGRATULATIONS! HOW DID YOU GO?

My GRAND TOTAL for the Week was \_\_\_\_\_

**70-80 Congratulations! You are a healthy champion!**

**55-69 Well Done! – A small change will help you improve.**

**30-54 Doing OK – Keep going. Try some tips over the page to help you.**

**Less than 30 – Uh Oh ! Keep trying. Set some small goals to make it easier.**

## HOW CAN YOU IMPROVE?

- Walk/ride to school with a friend
- Try a new veggie or fruit each week
- Be active at recess/ lunch
- Have your favourite veggie as a snack
- Make a list of games to play instead of screen time
- Add your ideas

**PARENT SIGNATURE:** \_\_\_\_\_

## Get to school in an active way

**Daily Goal:** Walk, ride or scoot to and from school safely - either all of the way or part of the way. Or you can catch the bus.



### TIPS

- Stop! Look! Listen! Think! every time you cross the road.
- Use a safe place to cross the road.
- Always wear a helmet when you ride or skate.

### Ask your parent/carer about:

- Walking/riding /scooting to school with adults or friends.
- Finding a safe spot where you can be dropped off, if you are driven to school, so you can walk a bit further.
- Practising walking/riding to school with your family to see if it's safe.
- Catching the school bus on the way home and get off a stop earlier with friends.

### Add your own ideas \_\_\_\_\_

## Be Active



**Daily Goal:** Be active for 60 minutes or more each day. This activity should be a moderate to vigorous intensity.

### TIPS

- Moderate activity is like a brisk walk.
- Vigorous activity makes you "huff and puff" like running.
- You can add up small amounts of exercise to reach your 60 minutes each day.
- Be active at recess and lunch.

### Add your own ideas \_\_\_\_\_

## Eat Veggies

**Daily Goal:** Eat 5 serves of veggies each day.



### TIPS

- 1 serve is:  ½ cup of cooked veggies  
 1 cup of salad veggies  ½ medium potato  
 ½ a cup of cooked, canned or dried peas, beans or lentils.
- Have carrot/celery sticks with cheese and biscuits after school.
- Choose a salad or salad wrap from the school canteen menu.

### Add your own ideas \_\_\_\_\_

## Crunch&Sip®



**Daily Goal:** Eat veggies or fruit and drink plain tap water.

### TIPS

- Take a bottle of plain tap water to school each day.
- For hot days, freeze a half full water bottle, then top up with water.
- TRY:  
 mini cucumbers  beans  snow peas  
 baby carrot  capsicum slices  cherry tomatoes  
 celery stick  a cooked potato
- TRY:  
 apple  banana  kiwi  apricot  
 nectarine  dried fruit  grapes

### Add your own ideas \_\_\_\_\_

For more healthy tips, go to [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au) or [healthpromotion.com.au](http://healthpromotion.com.au)

## Replace Screen Time

**Daily Goal:** Spend no more than 2 hours watching screens each day for entertainment. You do not include homework!

Screens include:

- TV  computers  tablets  smart phones

### TIPS

- Make meal times "SCREEN FREE". Try to eat at the table as a family.
- Make a family "SCREEN FREE" hour or day each week.
- Create a "SCREEN DEPOT" in your house where all small screens go at a certain time each day/evening, including phones. Decide as a family how long the devices stay there.
- Make a family "SCREEN FREE" Activity List and place on the fridge.

### REPLACE screen time with activities like:

- Reading a book
- Drawing/painting
- Playing a board game
- Playing a musical instrument
- Playing outside
- Playing an active game you can do inside



### Add your own ideas \_\_\_\_\_

