**Fit Fun Food Week**

**Daily Challenges**

Students can earn a ballot each day for completing the daily challenge.

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| **Monday:**  Bring a wrap or sandwich made with whole wheat bread. |
| **Tuesday:**  Bring water to school in a **reusable** water bottle. |
| **Wednesday:**  Eat fresh fruit at school for snack or lunch. |
| **Thursday:**  Spend an evening free of electronic devices.  \*\* Parent must sign here and return the ballot to homeroom teacher.  **Parent signature:** |
| **Friday:**  Do 30 minutes of physical activity at home.  \*\* Parent must sign here and return the ballot to homeroom teacher.  **Parent signature:** |