**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:** |