

Name \_\_\_\_\_  
 School \_\_\_\_\_



The week of \_\_\_\_\_

Make an X in the appropriate box when you earn circles each day of the week (Sunday [S] to Saturday [Sa]).

S	M	T	W	T	F	Sa	Ways to Earn Circles	Parent Initials
							Physically active 60 minutes per day (ORANGE circle)	
							No TV, videos or electronic games for a day (ORANGE circle)	
							Made about one-fourth of plate vegetables at two meals (GREEN circle)	
							Ate vegetables for a snack (GREEN circle)	
							Made about one-fourth of my plate fruit at two meals (RED circle)	
							Ate more whole fruit than fruit juice (RED circle)	
							No pop or sweetened drinks for a day (BLUE circle)	
							Ate/drank 3 cups of dairy per day (BLUE circle)	
							Got eight hours of sleep (YELLOW circle)	
							Brushed teeth two times a day (YELLOW circle)	
							Ate a healthy breakfast (YELLOW circle)	

Parent/Guardian Signature: \_\_\_\_\_

**NDSU** EXTENSION SERVICE  
 North Dakota State University, Fargo, North Dakota  
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