

30-Day Challenge Log

TRACK YOUR PROGRESS!



First Name: _____ Last Name: _____

Start Date: _____ End Date: _____ Total Points: _____ /540

	FRUIT & VEGGIES	EXERCISE & ACTIVITY	WATER CONSUMPTION	HEALTHY HABIT	DAILY TOTAL
Goals	Aim for 5 fruits and veggies daily	Aim for 60 minutes	Aim for 64 oz daily (8x 8 oz cups)	Complete one healthy habit each day	Aim for 100%
Keeping Track	Shade in an 🍏 for each fruit or veggie you eat each day	Shade in a 🏃 for each 15 minutes of exercise you get	Shade in a 🍷 for each cup of water you drink	Shade in a 😊 for each healthy habit you complete	Take 1 point for each icon you shaded in

	Fruits & Veggies 	Exercise & Activity 	Water Consumption 	Healthy Habit 	Total Points
EXAMPLE					14
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					
DAY 8					
DAY 9					
DAY 10					
DAY 11					
DAY 12					
DAY 13					
DAY 14					
DAY 15					
DAY 16					
DAY 17					
DAY 18					
DAY 19					
DAY 20					
DAY 21					
DAY 22					
DAY 23					
DAY 24					
DAY 25					
DAY 26					
DAY 27					
DAY 28					
DAY 29					
DAY 30					

Healthy Habits

30-DAY CHALLENGE

Pick a different healthy challenge to complete each day.

- Breakfast is the most important meal of the day, so start your morning with a healthy one.
- Brush and floss your teeth at bedtime—and make sure to brush for a full two minutes.
- Avoid sugary treats today and have a piece of fruit instead.
- Be a helper! Help your family make dinner tonight.
- Go for a walk around your neighborhood.
- Breathe in ... breathe out ... take 10 deep breaths and feel your body relax.
- Dance party! Crank up the tunes and get down to your favorite songs.
- Stretch down and touch your toes, then stretch up and reach the sky. Repeat five times.
- Slow down—it takes 20 minutes for your stomach to tell your brain that it's full.
- Get moving with GoNoodle: <https://family.gonoodle.com/>
- Turn off the TV and put away the tablet. Limit your non-school screen time to two hours a day.
- Get outside and shoot some hoops.
- Have an attitude of gratitude by making a list of five things you're thankful for.
- Challenge your brain by working on a puzzle or sudoku.
- Count how many times you can dribble a ball in a row—aim for at least 25.
- Go for a ride on your bike or scooter. And don't forget your helmet!
- Work your brain AND your body. For every 15 minutes of homework, stand up and jog in place for one minute.
- Try to stay on schedule. Go to bed and wake up at the same times each day.
- Say "Cheese!" Smile today—it will boost your mood.
- How many jumping jacks can you do in one minute? Set a timer and get jumping.
- Eat the rainbow by having three or more different colors of food on your plate.
- Get FIT as a family—take everyone outside to play today.
- Practice mindfulness. Sit outside in silence for one minute as you pay attention to the sounds and sensations around you.
- Wash your hands the right way! Scrub with soap and warm water for 20 seconds (as long as it takes to slowly sing the ABCs).
- Read a good book for 20 minutes or longer.
- Eat your fruit, don't drink it. Limit juice to one cup a day.
- Help tidy up. Sweeping and mopping are fun ways to be active.
- Eat an extra serving of veggies at dinner.
- Jump rope for five minutes ... and then try doing it backward!
- Blow up a balloon and play indoor volleyball.
- Have a pushup contest with your family. Who can do the most?
- Do something nice for a family member.
- Do a basketball drill at home. Visit <https://jazzyouth.com/junior-jazz/skills-and-drills/> for some ideas
- Make an obstacle course outside using pool noodles, hula hoops, jump ropes and more. Get creative!
- Go meat-free tonight—load up on veggies, beans and whole grains at dinner.
- Play cards or a board game with your family.