

# HEALTHY HABITS CHALLENGE

## KIDS

Complete at least 12 of the 20 activities to be entered into a prize drawing.

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|---|--|
| <input type="radio"/> Go for a walk for at least 10 minutes.  | <input type="radio"/> Being active has a ton of benefits! List 5.  |
| <input type="radio"/> Turn on your favorite song and dance your heart out.                                  | <input type="radio"/> On your mark, get set, go! Choose a finish point and race someone to the end.                      |
| <input type="radio"/> Go swimming, toss water balloons, or run through the sprinkler or hose.               | <input type="radio"/> See how long you can keep a balloon or ball in the air without dropping it.                        |
| <input type="radio"/> Say no to soda and sugar drinks for one week.   | <input type="radio"/> Meditate for at least 5 minutes.   |
| <input type="radio"/> Let out your inner animal – hop like a bunny, crawl like a crab, or leap like a frog. | <input type="radio"/> Do some kind of outdoor activity at a park or playground.  |
| <input type="radio"/> Create your own hopscotch game, and then test it out.                                 | <input type="radio"/> Set a timer and clean your room as fast as you can – can you beat your friend or sibling?          |
| <input type="radio"/> Play sock basketball – toss balled up socks into laundry baskets.                     | <input type="radio"/> Do jumping jacks every time a commercial comes on TV.  |
| <input type="radio"/> Stretch out those muscles for at least 10 minutes.                                    | <input type="radio"/> Go for a hike and take note of all triangular objects you see.                                     |
| <input type="radio"/> Try a fruit or vegetable you've never had before.                                     | <input type="radio"/> Try out an activity you haven't done in a while, like hula hooping, jump rope, or playing frisbee. |
| <input type="radio"/> Read a biography about an athlete.  | <input type="radio"/> Those muscles need a break – take a nap!   |

Cut on dotted line and return this portion to the Carrollton Public Library to be entered in the drawing for a Fitbit Ace.

### ENTRY FORM - KIDS

Participant's Name: \_\_\_\_\_

Parent or Guardian's Name: \_\_\_\_\_

Phone # or Email: \_\_\_\_\_



**CARROLLTON**  
TEXAS