

# STAR WARS

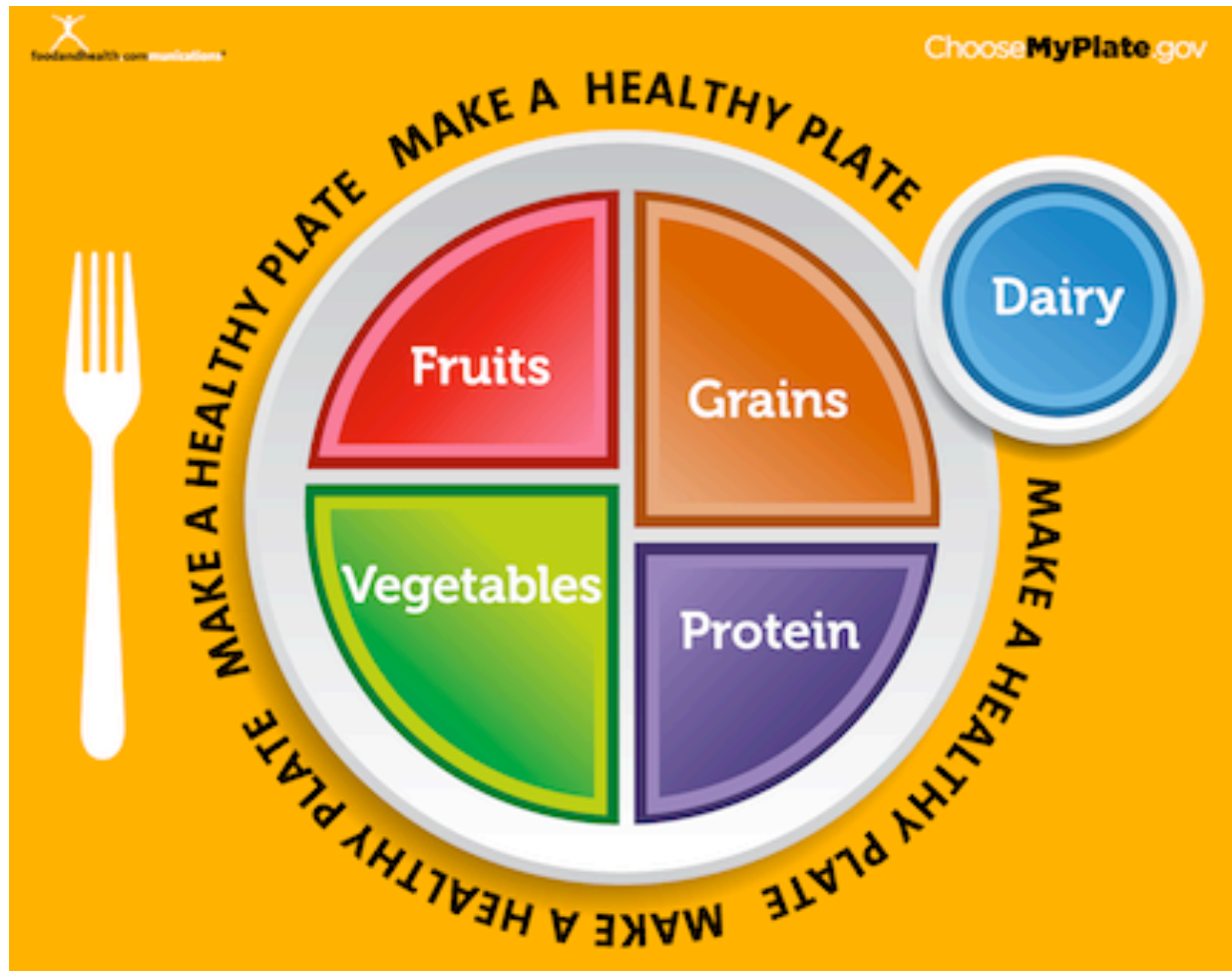
## A HEALTHY LIVING CHALLENGE



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May the force be with you!

# My Plate



Vegetables	Fruits	Grains	Protein	Dairy
<p><b>Vary your veggies.</b></p> <p>Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.</p> <p>Fill half your plate with fruits and vegetables.</p>	<p><b>Focus on fruits.</b> Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.</p> <p>Fill half your plate with fruits and vegetables.</p>	<p><b>Make at least half your grains whole.</b></p> <p>Read labels to find more whole grain foods.</p> <p>Whole wheat, oatmeal and brown rice are all good.</p>	<p><b>Go lean with protein.</b></p> <p>Keep portion to 1/4 of the plate.</p> <p>Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.</p>	<p><b>Get your calcium-rich foods.</b></p> <p>Remember to buy skim milk or 1% milk.</p> <p>Go easy on cheese.</p> <p>Skim yogurt is a good choice, too.</p>

## Serving and Portion Sizes

3oz. of Meat or Chicken



Deck of Cards

Hamburger



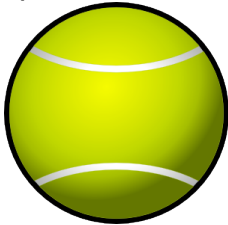
Hockey Puck

2 Tbsp. of Peanut Butter



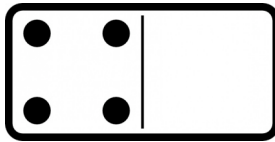
Golf Ball

1 cup of Rice or Pasta



Tennis Ball

1 oz. of Cheese



4 Dice or a Domino

Medium Piece of Fruit



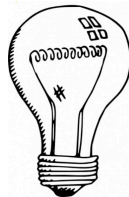
Baseball

1 Baked Potato



Computer Mouse

1 Serving of Grapes



Light Bulb

1 Salad /Veggies



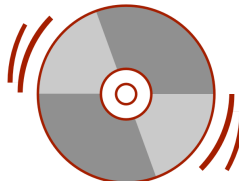
Baseball

1 cup of Cereal



Fist

1 Pancake or Slice of Bread



CD

1 serving of Fish



Checkbook

Here are 20 words that relate to Food Smarts  
Can you find them all?

M K S I T H C F E R Z L S M I V R  
N B P E T G B D I M A R Y P R Y E  
A L R G Y R T N U V I T A M I N S  
B S O K O D N I K M L S A P Z G E  
L V T E G Y D R O E T I O K R U R  
E I E M T O R T F A V R L M T S V  
S T I L S M S N G E S Z U H H G I  
R M N U T R I E N T I E V G N I N  
E O T I N T T N J Y G R N R O T G  
B S U Z E I G D L W T G O R T Y G  
I R J O I N H Y Y Z O E L L O S S  
F B A C D B E H A C U V I L A W K  
O U R O E T A R D Y H O B R A C M  
M I N E R A L S T O M R B V A W X  
L T S L G E T A F R U T M N I V G  
O R E A N M H K I T M S S A M S T  
E I M Y I N Y G R E N E R G G A B  
E C F M Z U T R I L X W Y N E L P  
Y H T N J S E L B A T E G E V O R

Calorie  
Carbohydrate  
Energy  
Fat  
Fiber  
Fruit  
Healthy






Ingredients  
Minerals  
Nutrient  
Pasta  
Protein  
Pyramid  
Serving

Sodium  
Snack  
Variety  
Vegetables  
Vitamins  
Yogurt






# STAR WARS

## A HEALTHY LIVING CHALLENGE

TUESDAY, JANUARY 31, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

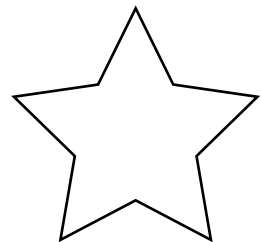


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Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:



Daily Reflection: \_\_\_\_\_






\_\_\_\_\_








# STAR WARS

## A HEALTHY LIVING CHALLENGE

WEDNESDAY, FEBRUARY 1, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

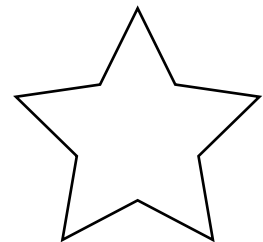


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Energy Level

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Daily Reflection: \_\_\_\_\_

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# STAR WARS

## A HEALTHY LIVING CHALLENGE

THURSDAY, FEBRUARY 2, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

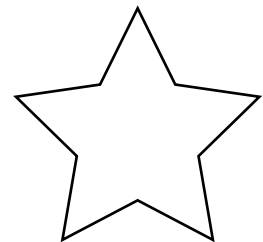


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Energy Level

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# STAR WARS

## A HEALTHY LIVING CHALLENGE

FRIDAY, FEBRUARY 3, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

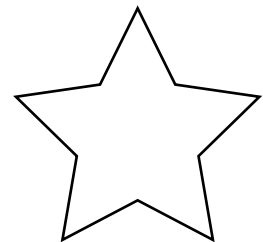


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Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



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Daily Reflection: \_\_\_\_\_






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# STAR WARS

## A HEALTHY LIVING CHALLENGE

SATURDAY, FEBRUARY 4, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

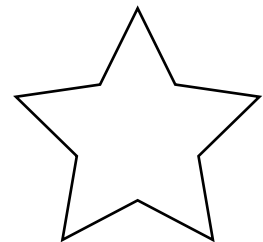


5
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Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

SUNDAY, FEBRUARY 5, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

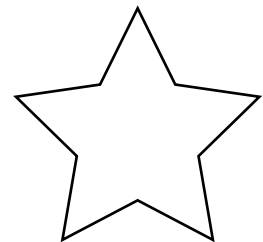


5
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1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

MONDAY, FEBRUARY 6, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

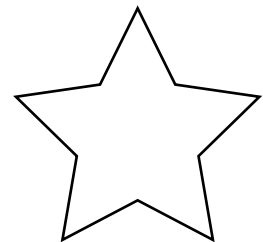


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

TUESDAY, FEBRUARY 7, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

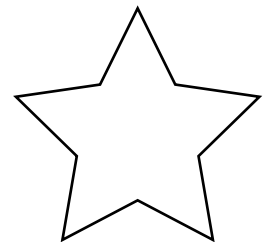


5
4
3
2
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Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:



Daily Reflection: \_\_\_\_\_

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\_\_\_\_\_

Name:  
Date:

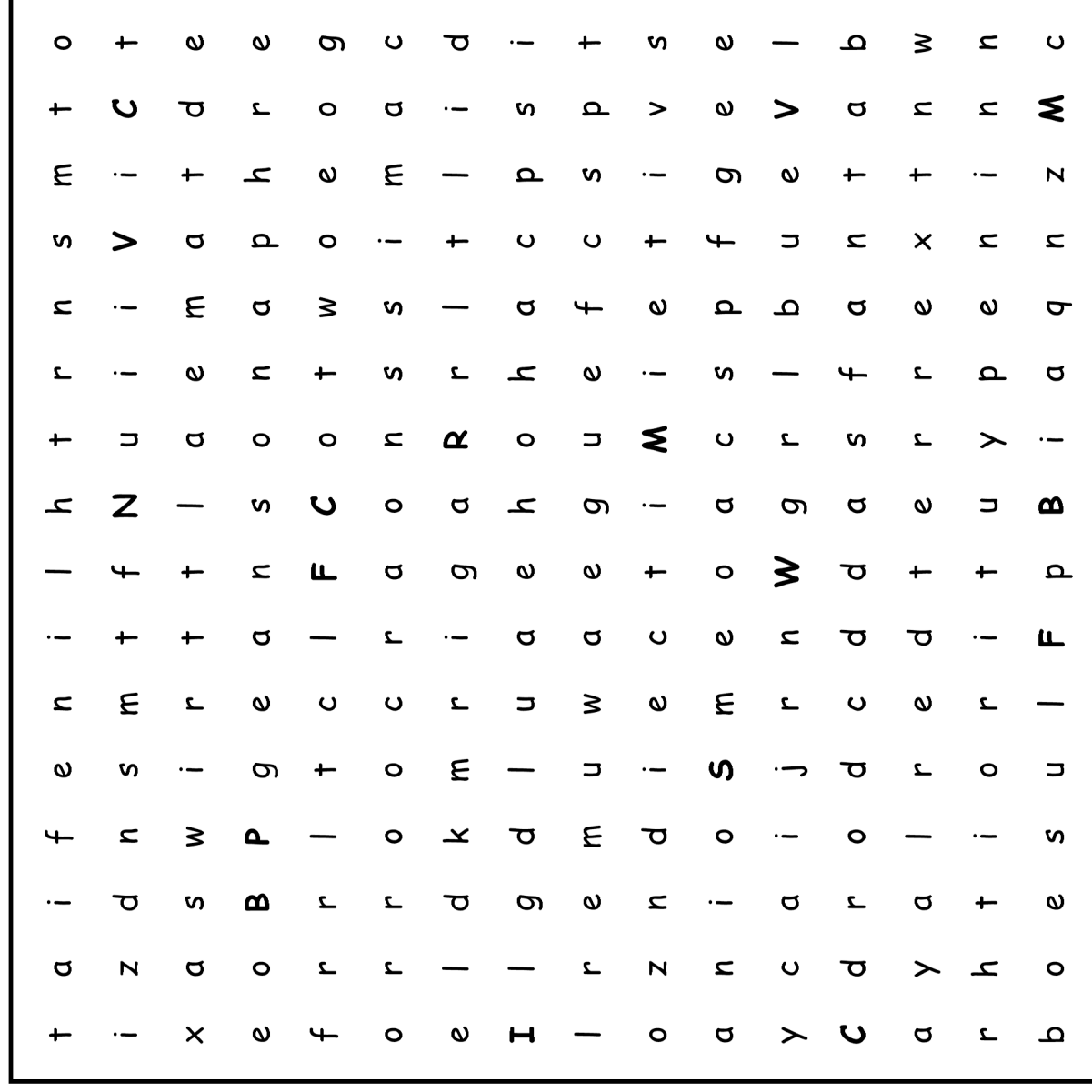
## Nutrition

Unscramble the words. Find the correctly spelled words in the word search.

ieNutrnts  
teCarbohydras  
einProts  
stFa  
Vitansmi  
aMinerls  
egRougha  
aterW  
eBrad  
aMet  
terBut  
eVegetabls  
lCereas  
onlr  
mlciuCa  
mdiuSo  
Fluoderi

The words could be spiral, block or wiggly, starting off along any of the eight possible directions.






This word search will take about 17 minutes.








# STAR WARS

## A HEALTHY LIVING CHALLENGE

WEDNESDAY, FEBRUARY 8, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

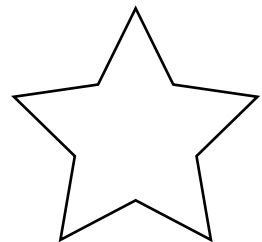


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:



Daily Reflection: \_\_\_\_\_






\_\_\_\_\_








# STAR WARS

## A HEALTHY LIVING CHALLENGE

THURSDAY, FEBRUARY 9, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

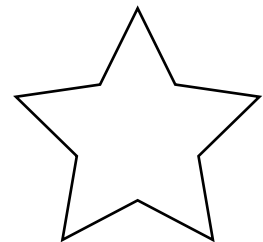


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

FRIDAY, FEBRUARY 10, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

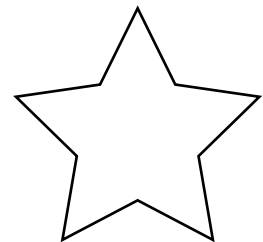


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:



Daily Reflection: \_\_\_\_\_






\_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

SATURDAY, FEBRUARY 11, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

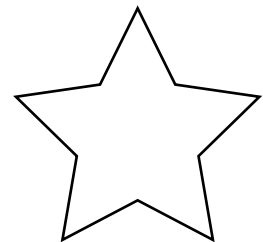


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

SUNDAY, FEBRUARY 12, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

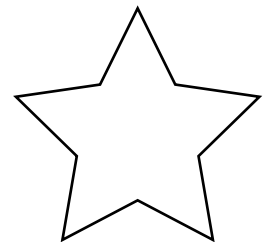


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

MONDAY, FEBRUARY 13, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

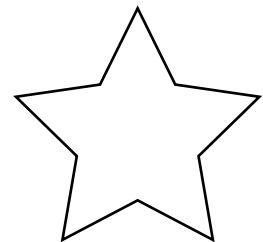


5
4
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2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

TUESDAY, FEBRUARY 14, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

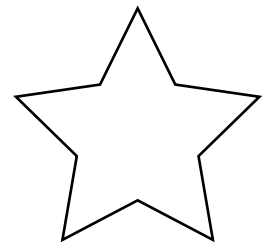


5
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Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



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Daily Reflection: \_\_\_\_\_

\_\_\_\_\_



## Veggie-mon Nutrition

S M U J X A Z C C B P N V T M  
G E I Q V A C A X U S O I I C  
M K T N S K L M Y D X I T U R  
G A R A E O O F I H J T A R R  
T P V F R R P C A Q H A M F K  
R Y E I T D A U I T Y R I S E  
K Y E C A O Y L D M S D N W Z  
P B D J N L E H S J C Y S X X  
C L S I E K M X O Y F H D A R  
V R M V E G E T A B L E J E K  
G A E N O M R O H A R D T F V  
L H I B D S E Q F S X A P H Z  
W R L P I X E I B O W H C Y L  
S G D T H F Z T R M U N H A G  
A J S V R Q C E L L I Y N N Q

AMINO ACIDS  
CELL  
FRUIT  
FATS  
WATER

CALORIE  
DEHYDRATION  
HORMONE  
VEGETABLE

CARBOHYDRATES  
FIBER  
MINERALS  
VITAMINS

# STAR WARS

## A HEALTHY LIVING CHALLENGE






### MID-MONTH REFLECTION

1. HOW DO YOU FEEL YOU HAVE DONE SO FAR IN THE STAR WARS CHALLENGE?
2. HAVE YOU DONE AS WELL AS YOU THOUGHT YOU WOULD DO?
3. IN WHAT AREAS HAVE YOU SEEN IMPROVEMENTS?
3. WHERE ARE YOUR AREAS OF WEAKNESS?
4. HAVE YOU SEEN ANY TRENDS OR CONNECTIONS IN THE AMOUNT OF SLEEP YOU GET AND YOUR MOOD/ENERGY LEVELS? EXPLAIN.
5. WHAT HAS BEEN THE EASIEST AND MOST DIFFICULT PART OF THIS CHALLENGE FOR YOU?






# STAR WARS

## A HEALTHY LIVING CHALLENGE

WEDNESDAY, FEBRUARY 15, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

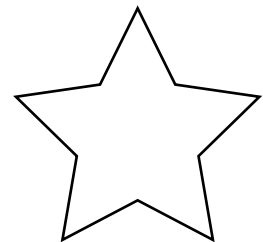


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WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



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\_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

THURSDAY, FEBRUARY 16, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

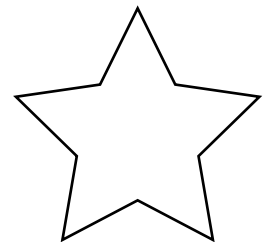


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\_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

FRIDAY, FEBRUARY 17, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

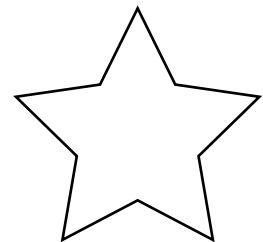


5
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Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



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Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

SATURDAY, FEBRUARY 18, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

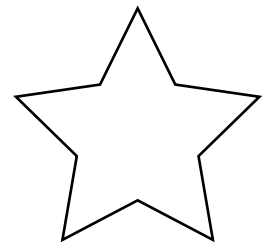


5
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3
2
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Energy Level

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Daily Reflection: \_\_\_\_\_






\_\_\_\_\_








# STAR WARS

## A HEALTHY LIVING CHALLENGE

SUNDAY, FEBRUARY 19, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

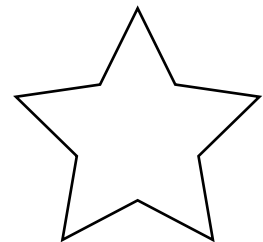


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:



Daily Reflection: \_\_\_\_\_

\_\_\_\_\_

## Exercise

S	E	I	R	O	L	A	C	I	T	P	I	L	L	E
T	R	A	I	N	E	R	S	T	H	G	I	E	W	R
N	O	I	S	N	E	T	E	N	N	I	S	E	A	U
I	S	W	A	T	E	R	D	O	P	I	S	L	L	S
R	C	B	S	T	R	E	T	C	H	W	U	C	K	S
P	I	U	L	A	S	H	I	K	E	C	F	S	C	E
S	N	L	L	R	T	I	Y	A	S	L	I	U	I	R
U	E	C	I	G	A	M	T	A	L	A	T	M	B	P
O	H	I	M	E	M	B	V	C	U	O	W	I	O	D
U	T	B	D	T	G	O	J	W	P	G	O	K	R	O
N	S	O	A	M	I	W	S	Y	N	U	R	S	E	O
E	I	R	E	D	E	N	E	R	G	Y	M	C	A	L
R	L	E	R	C	O	O	L	D	O	W	N	R	N	B
T	A	A	T	R	O	U	T	I	N	E	C	N	A	D
S	C	H	E	D	U	L	E	T	U	O	K	R	O	W






AEROBIC	ENERGY	ROW	TENNIS
ANAEROBIC	FIT	RUN	TENSION
BLOOD PRESSURE	GOAL	SCHEDULE	TRAINER
BMI	GYM	SKI	TREADMILL
CALISTHENICS	HIKE	SPRINT	WALK
CALORIES	IPOD	STAIRS	WARM UP
CARDIOVASCULAR	JOG	STRENUOUS	WATER
CLUB	MAT	STRETCH	WEIGHTS
COOL DOWN	MUSCLE	SWEAT	WORKOUT
DANCE	PULSE	SWIM	YMCA
ELLIPTICAL	ROUTINE	TARGET	YWCA

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<http://www.thepotters.com/puzzles.html>






# STAR WARS

## A HEALTHY LIVING CHALLENGE

MONDAY, FEBRUARY 20, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

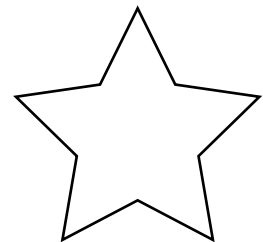


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

TUESDAY, FEBRUARY 21, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

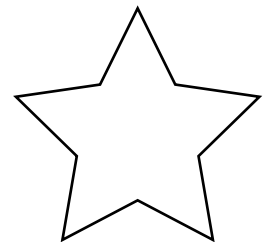


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

WEDNESDAY, FEBRUARY 22, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

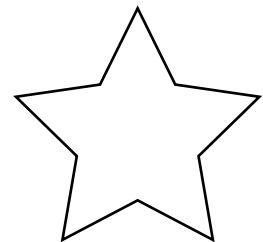


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

THURSDAY, FEBRUARY 23, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

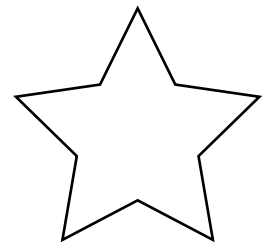


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:



Daily Reflection: \_\_\_\_\_






\_\_\_\_\_








# STAR WARS


## A HEALTHY LIVING CHALLENGE

FRIDAY, FEBRUARY 24, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

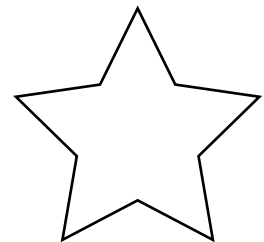
I spent less than 2 hours today watching TV and/or Playing Video Games.	
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5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:



Daily Reflection: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name:

Date:

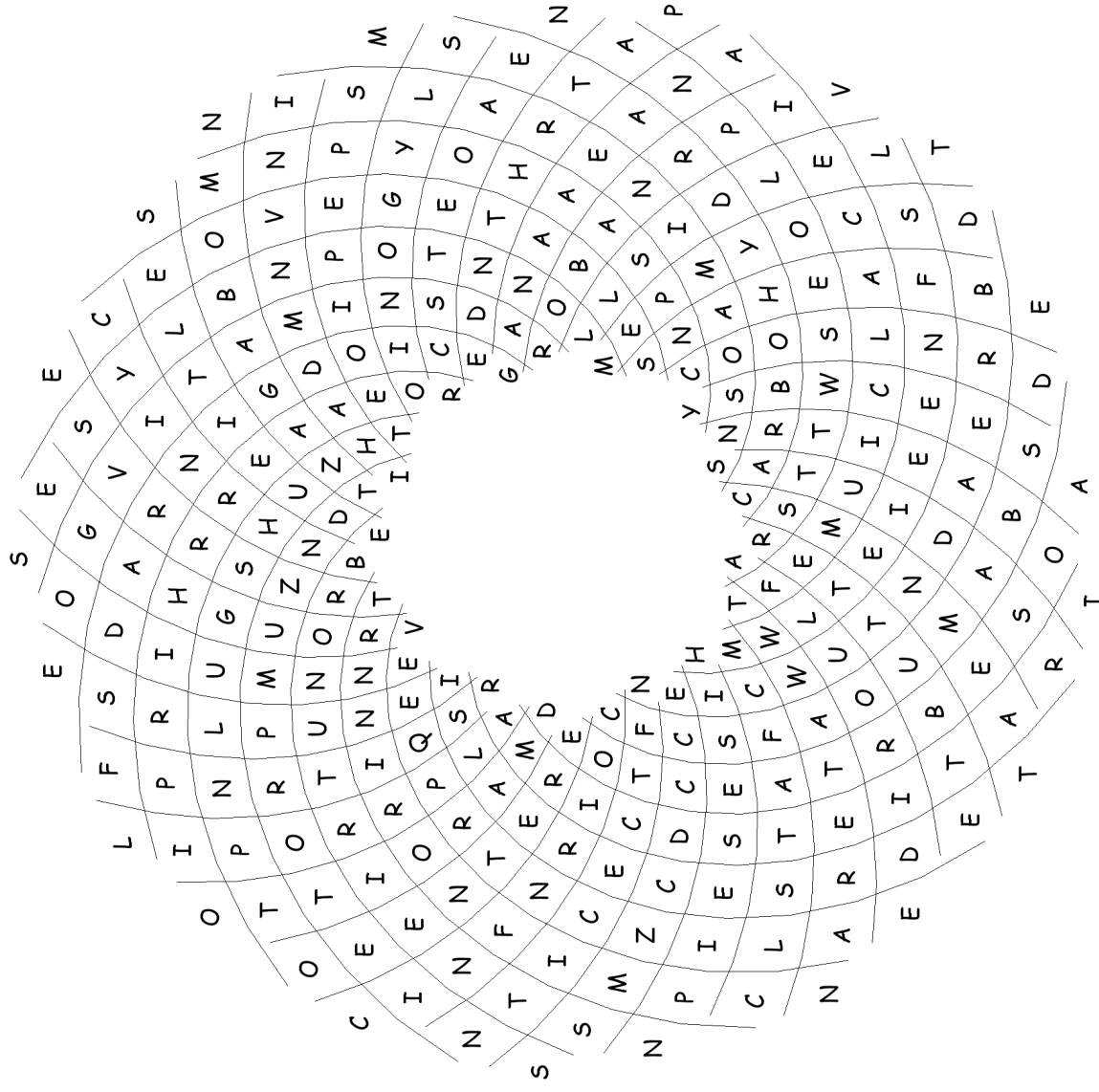
## Nutrition

Unscramble the words. Find the correctly spelt words in the word search.

Nutrietsn  
rbohydratesaC  
oteinsPr  
aFts  
taminsVi  
inerMals  
geRougha  
eWatr  
Beadr  
Mate  
rtteBu  
Vegetesabl  
sealCer  
nroI  
alCcium  
Sodimu  
luoFride

Words are in straight lines, moving along a spiral arm.






This word search will take about 19 minutes.








# STAR WARS

## A HEALTHY LIVING CHALLENGE

SATURDAY, FEBRUARY 25, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

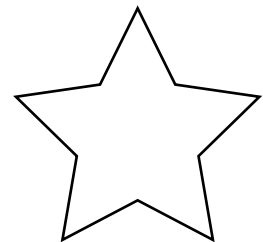


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

SUNDAY, FEBRUARY 26, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

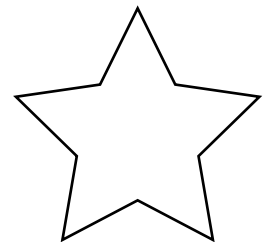


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS


## A HEALTHY LIVING CHALLENGE

MONDAY, FEBRUARY 27, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

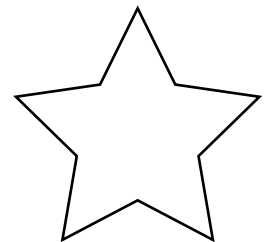
I spent less than 2 hours today watching TV and/or Playing Video Games.	
---	---

5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:



Daily Reflection: \_\_\_\_\_






\_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

TUESDAY, FEBRUARY 28, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

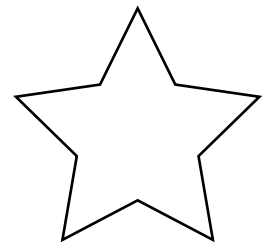


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:








Daily Reflection: \_\_\_\_\_

\_\_\_\_\_






# STAR WARS

## A HEALTHY LIVING CHALLENGE

WEDNESDAY, FEBRUARY 29, 2012

I got at least 8 hours of sleep last night.	
I ate breakfast this morning.	
I got at least 60 min. of physical activity today.	
I drank at least 6 glasses of water today. 	

### MY EATING HABITS FOR THE DAY

Food Group	Number of Servings Ate
Fruit	
Vegetable	
Protein	
Grain	
Dairy	

I spent less than 2 hours today watching TV and/or Playing Video Games.

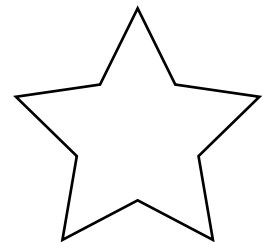


5
4
3
2
1
Energy Level

WHAT WAS YOUR PRIMARY MOOD(S) TODAY?



TOTAL NUMBER OF STARS  
EARNED TODAY WAS:



Daily Reflection: \_\_\_\_\_

\_\_\_\_\_



# STAR WARS

## A HEALTHY LIVING CHALLENGE

### END OF MONTH REFLECTION

REFLECT ON THE STAR WARS CHALLENGE OVER THE LAST MONTH. THINK ABOUT WHERE YOU SAW IMPROVEMENTS, WHAT WERE CHALLENGES YOU OVERCAME, WHERE CAN YOU STILL MAKE IMPROVEMENTS, WHAT SURPRISES YOU HAD, AND YOUR OVERALL PERFORMANCE. WRITE A PARAGRAPH DESCRIBING YOUR THOUGHTS AND OBSERVATIONS.