

# SCORECARD

WEEK 1

WED

THU

FRI

SAT

SUN

MON

TUE

**Nutrition Goal:**

1 MyPlate Meal

**Exercise:**

30 minutes

**Breathing Exercise:**

2 minutes

**Parent/Guardian:**

Join child for physical exercise or breathing exercise.

Week Total

# SCORECARD

WEEK 2

WED

THU

FRI

SAT

SUN

MON

TUE

**Nutrition Goal:**choose  
snack based on label

**Exercise:**  
30 minutes

**Breathing Exercise:**  
2 minutes

**Parent/Guardian:**  
Join child for physical  
exercise or breathing  
exercise.

Week Total

# SCORECARD

WEEK 3

WED

THU

FRI

SAT

SUN

MON

TUE

**Nutrition Goal:**

Eat 1 fruit & 1 veggie

**Exercise:**

30 minutes

**Breathing Exercise:**

2 minutes

**Parent/Guardian:**

Join child for physical exercise or breathing exercise.

Week Total

# SCORECARD

WEEK 4

	WED	THU	FRI	SAT	SUN	MON	TUE
<b>Nutrition Goal:</b> Eat a source of protein							
<b>Exercise:</b> 30 minutes							
<b>Breathing Exercise:</b> 2 minutes							
<b>Parent/Guardian:</b> Join child for physical exercise or breathing exercise.							

Week Total

# SCORECARD

WEEK 5

	WED	THU	FRI	SAT	SUN	MON	TUE
<b>Nutrition Goal:</b> Eat 3 whole grains							
<b>Exercise:</b> 30 minutes							
<b>Breathing Exercise:</b> 2 minutes							
<b>Parent/Guardian:</b> Join child for physical exercise or breathing exercise.							

Week Total

# SCORECARD

WEEK 6

	WED	THU	FRI	SAT	SUN	MON	TUE
<b>Nutrition Goal:</b> 3-4 bottles of water							
<b>Exercise:</b> 30 minutes							
<b>Breathing Exercise:</b> 2 minutes							
<b>Parent/Guardian:</b> Join child for physical exercise or breathing exercise.							

Week Total

# SCORECARD

WEEK 7

	WED	THU	FRI	SAT	SUN	MON	TUE
<b>Nutrition Goal:</b> Eat 1 healthy fat							
<b>Exercise:</b> 30 minutes							
<b>Breathing Exercise:</b> 2 minutes							
<b>Parent/Guardian:</b> Join child for physical exercise or breathing exercise.							

Week Total

# SCORECARD

WEEK 8

	WED	THU	FRI	SAT	SUN	MON	TUE
<b>Nutrition Goal:</b> Dont add sugar to food							
<b>Exercise:</b> 30 minutes							
<b>Breathing Exercise:</b> 2 minutes							
<b>Parent/Guardian:</b> Join child for physical exercise or breathing exercise.							

Week Total