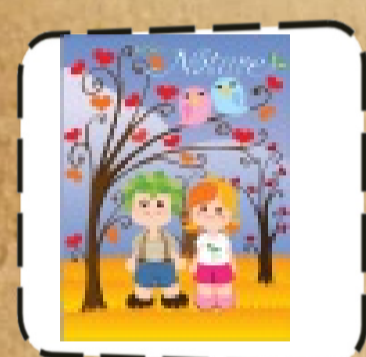




Ride a bike for at least 30 minutes. Don't forget a helmet. 3 points



Basketball, baseball, soccer, swimming... try a sport for at least 30 minutes. 3 points



Take a nature walk in your neighborhood or at a park for at least 30 minutes. 3 points



How about the arts? Paint a picture, draw or sketch, play an instrument for 30 minutes. 3 points



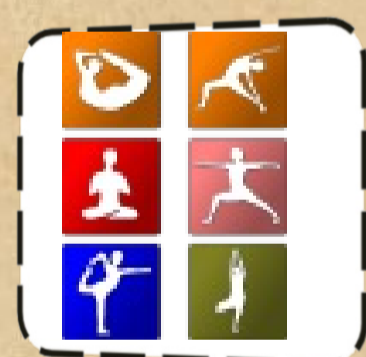
Start and finish a new & challenging book. Keep reading for 20 minutes (or longer) 2 points



Look Up one night. What do you see? Use a book to find out what you see in the night sky. 3 points



Play outside with friends for 30 minutes. Jump rope, hide & seek, or any action games. 3 points



Yoga anyone? Do Jessica's poses or try new ones for 20 minutes. 2 points



Board game time--play some favorites for at least 30 minutes. No cheating!!!! 3 points



Choose 1 full day and say no to T.V. Earn 8 points if you succeed.

