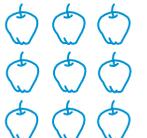
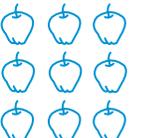
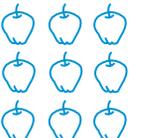


Here's how it works:

1. After Pre-Challenge Week, circle your weekly average for each activity.
2. With a parent, circle your goals.
3. Together, record how you plan to reach your goals.
4. Sign the contract. You're on your way!
5. After Week 3, circle your average for each activity.

	Here's where i started	this is MY goal	Here's where i finished
do more!			
			
do less!			
			

keys:

-  = 1 serving.
Aim for 5-9 servings/day
-  = 15 minutes.
Aim for 60 min/day
-  = 1 serving.
Aim for 1 serving or less/day.
-  = 15 minutes.
Aim for 1 hour or less/day

I hereby accept the **Blue Zones Challenge** and will do all I can to live a longer, healthier life!

Child's Name _____

I will reach my goals by:

-  _____
-  _____
-  _____
-  _____

I hereby promise to support my students in meeting the **Blue Zones Challenge!** _____
Teacher's Name

I promise to support my child in meeting the **Blue Zones Challenge!**

Parent's Name _____

I will support my child by:

-  _____
-  _____
-  _____
-  _____