

STUDENT'S NAME: _____ START DATE: _____



EAT TO WIN

START HERE. MARK THE BOXES AS YOU COMPLETE THESE HEALTHY EATING CHALLENGES!

THIS CHART RESETS EACH CYCLE. COMPLETE THESE HEALTHY EATING CHALLENGES. WHEN YOU COMPLETE ONE ROW, HAND IT IN FOR A STRIPE! THE MORE ROWS YOU COMPLETE WITHIN 1 CYCLE THE HIGHER THE STRIPE-REWARD! YOU CAN WORK ON MULTIPLE ROWS AT A TIME, BUT START FROM THE TOP-MOST BOXES FIRST. NOTE IF YOU HAVE SPECIAL DIETARY-NEEDS, ADJUST THE CHALLENGES ACCORDINGLY SO YOU CAN "EAT TO WIN!"

								REWARD TIER
DRANK 5-8 GLASSES OF WATER IN ONE DAY	ATE 3-5 DIFFERENT TYPES OF VEGGIES/FRUITS IN ONE DAY	ATE A HIGH-PROTEIN, LOW-SUGAR BREAKFAST IN THE MORNING	CHOSE A HEALTHY SNACK OVER A SUGARY OR PROCESSED SNACK	SKIP LATE NIGHT SNACKING OR EATING TOO LATE	GO FOR A SHORT WALK AFTER EATING A MEAL	YOUR HEALTHY EATING CHOICE:	SKIP HAVING DESSERT/ JUNK FOOD	YELLOW STRIPE [5 POINTS] AWARDED BY INSTRUCTOR: ___
DRANK 5-8 GLASSES OF WATER IN ONE DAY	ATE 3-5 DIFFERENT TYPES OF VEGGIES/FRUITS IN ONE DAY	ATE A HIGH-PROTEIN, LOW-SUGAR BREAKFAST IN THE MORNING	CHOSE A HEALTHY SNACK OVER A SUGARY OR PROCESSED SNACK	SKIP LATE NIGHT SNACKING OR EATING TOO LATE	GO FOR A SHORT WALK AFTER EATING A MEAL	YOUR HEALTHY EATING CHOICE:	SKIP HAVING DESSERT/ JUNK FOOD	ORANGE STRIPE [10 POINTS] AWARDED BY INSTRUCTOR: ___
DRANK 5-8 GLASSES OF WATER IN ONE DAY	ATE 3-5 DIFFERENT TYPES OF VEGGIES/FRUITS IN ONE DAY	ATE A HIGH-PROTEIN, LOW-SUGAR BREAKFAST IN THE MORNING	CHOSE A HEALTHY SNACK OVER A SUGARY OR PROCESSED SNACK	SKIP LATE NIGHT SNACKING OR EATING TOO LATE	GO FOR A SHORT WALK AFTER EATING A MEAL	YOUR HEALTHY EATING CHOICE:	SKIP HAVING DESSERT/ JUNK FOOD	GREEN STRIPE [20 POINTS] AWARDED BY INSTRUCTOR: ___
DRANK 5-8 GLASSES OF WATER IN ONE DAY	ATE 3-5 DIFFERENT TYPES OF VEGGIES/FRUITS IN ONE DAY	ATE A HIGH-PROTEIN, LOW-SUGAR BREAKFAST IN THE MORNING	CHOSE A HEALTHY SNACK OVER A SUGARY OR PROCESSED SNACK	SKIP LATE NIGHT SNACKING OR EATING TOO LATE	GO FOR A SHORT WALK AFTER EATING A MEAL	YOUR HEALTHY EATING CHOICE:	SKIP HAVING DESSERT/ JUNK FOOD	BLUE STRIPE [50 POINTS] AWARDED BY INSTRUCTOR: ___
DRANK 5-8 GLASSES OF WATER IN ONE DAY	ATE 3-5 DIFFERENT TYPES OF VEGGIES/FRUITS IN ONE DAY	ATE A HIGH-PROTEIN, LOW-SUGAR BREAKFAST IN THE MORNING	CHOSE A HEALTHY SNACK OVER A SUGARY OR PROCESSED SNACK	SKIP LATE NIGHT SNACKING OR EATING TOO LATE	GO FOR A SHORT WALK AFTER EATING A MEAL	YOUR HEALTHY EATING CHOICE:	SKIP HAVING DESSERT/ JUNK FOOD	RED STRIPE [100 POINTS] AWARDED BY INSTRUCTOR: ___
DRANK 5-8 GLASSES OF WATER IN ONE DAY	ATE 3-5 DIFFERENT TYPES OF VEGGIES/FRUITS IN ONE DAY	ATE A HIGH-PROTEIN, LOW-SUGAR BREAKFAST IN THE MORNING	CHOSE A HEALTHY SNACK OVER A SUGARY OR PROCESSED SNACK	SKIP LATE NIGHT SNACKING OR EATING TOO LATE	GO FOR A SHORT WALK AFTER EATING A MEAL	YOUR HEALTHY EATING CHOICE:	SKIP HAVING DESSERT/ JUNK FOOD	3 X RED STRIPES [300 POINTS] AWARDED BY INSTRUCTOR: ___

BLUE EAT TO WIN SHEET # ___/8 LIMIT PER CYCLE

IF YOU WANT TO RECEIVE EAT TO WIN AWARD AT THE NEXT GRADUATION, TURN IN THIS SHEET FULLY COMPLETED NO LATER THAN YOUR TESTING DAY (NOT ON GRADUATION). YOU CAN ONLY EARN ONE EAT TO WIN AWARD PER CYCLE, AND YOU MAY ONLY HAND IN 8 BLUE SHEETS PER CYCLE FOR STRIPE POINTS.