

Gracie® GAME DAY

CHAPTER 2: HEALTH

To love yourself is to take control of your health. The greatest gift you can give your family and the world is a healthy you.

TBD
STUDENT NAME:
PARENT SIGNATURE:
TOTAL POINTS:
TOTAL BONUS POINTS:
YOUR AGE X 100 = MINIMUM POINTS REQUIRED TO QUALIFY FOR GRACIE GAME DAY!

Physical Health

- Do 10 push-ups or 20 squats during a commercial break.
- Practice your techniques at home for 5 minutes.

Mental Health

- Read at least 10 pages in a book.
- Learn a new word and use it in a sentence.

Nutrition

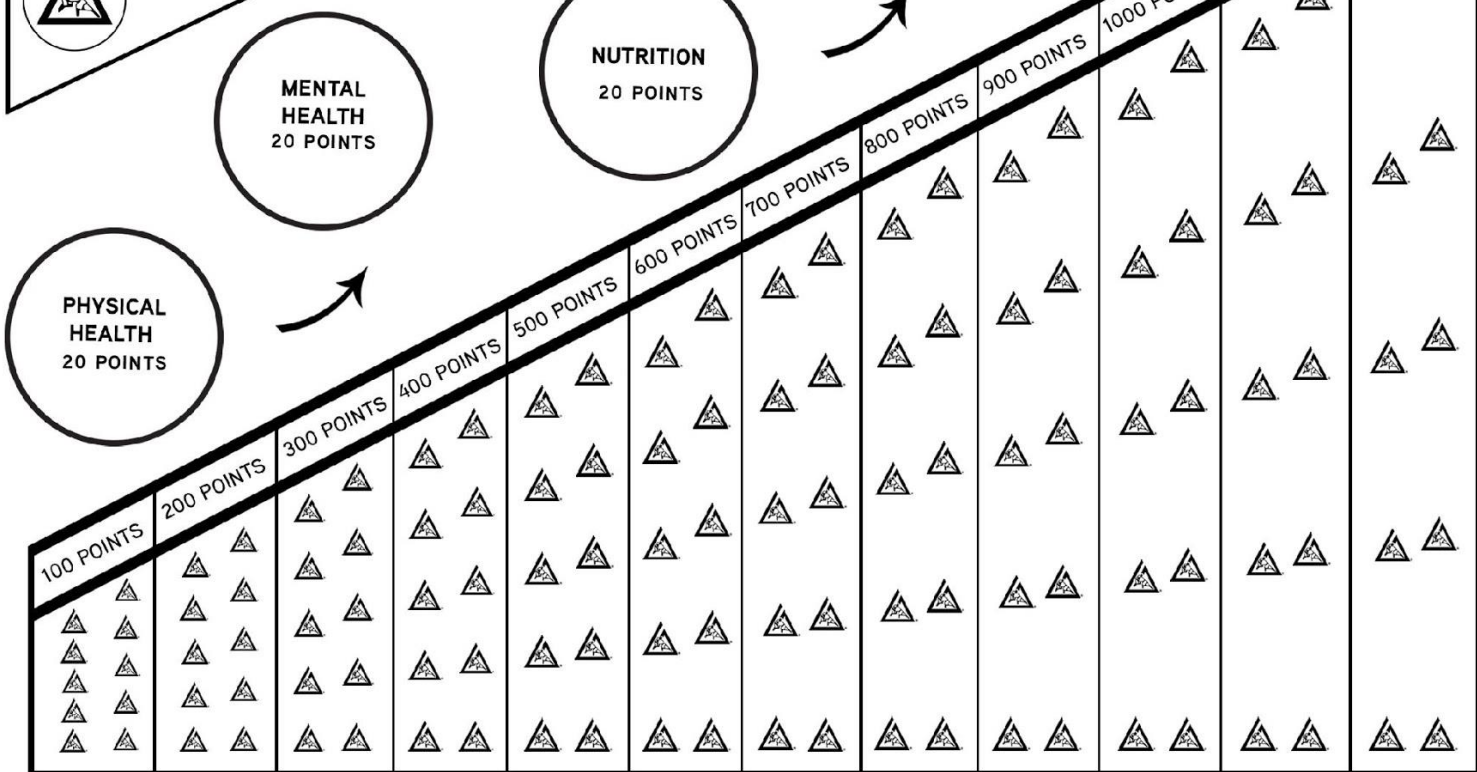
- Try a new health food every chance you get.
- Eat or drink something healthy instead of soda or junk food.
- Say "No thank you" when offered junk food or soda.

Hygiene

- Wash your hands before you eat and after you use the restroom.
- Take a shower and brush your teeth everyday.

Service

- Teach an adult about health.
- Teach a child about health.



Each checked Gracie Triangle is worth 10 Game Day Points
Score **'YOUR AGE X 100'** Points to qualify for Gracie Game Day
Bonus Points = All points beyond your age points!

HOW TO EARN GAME DAY POINTS:

- 10 Points** will be awarded to you if **someone has to tell you** to do it!
- 20 Points** if you do something good **without being told!**

GRAND PRIZE

SPECIAL PRIZE AT GRACIE GAME DAY!

Any points you score beyond the minimum qualification amount (Your Age X 100 Points) are considered **Bonus Points**. If you score the most Bonus Points in the class, you will be recognized in front of the entire group and qualify for a special prize at Gracie Game Day!



Please continue tracking on a separate sheet of paper.