

CHAPTER 2: HEALTH

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

| STI | IDENT | NAMF. |
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PARENT SIGNATURE:

TOTAL POINTS:

TOTAL BONUS POINTS:

YOUR AGE X 100 = MINIMUM POINTS REQUIRED TO QUALIFY FOR GRACIE GAME DAY!

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!

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.

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!

HYGIENE

700 POINTS

SERVICE

20 POINTS

Service

-Teach an adult about health.

-Teach a child about health.

MENTAL

20 POINTS

HEALTH

NUTRITION 20 POINTS

600 POINTS

800 POINTS

20 POINTS

1000 POINTS 900 POINTS

1100 POINTS

GRACIE

GAME

DAY

1200 POINTS

PHYSICAL HEALTH 20 POINTS

100 POINTS

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200 POINTS

300 POINTS

400 POINTS

500 POINTS

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