

Gracie

GAME DAY

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.



Start here!



Student Name: _____

Total Points: _____

Student Age: _____

Bonus Points (Total Points - [Age x 100]): _____

Parent Signature: _____

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

Physical Health

Turn a commercial break into a mini workout—10 push-ups, 20 squats, or five minutes of practicing your techniques right at home!

Each crossed out Gracie Triangle is worth 10 Gracie Game Day Points.

Mental Health

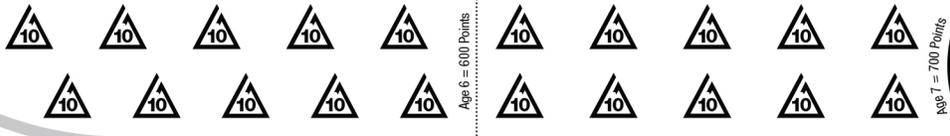
Read at least 10 pages of a good book, then learn a new word and slip it into a sentence for practice!



Score 'YOUR AGE x 100' Points to qualify for Gracie Game Day.

Nutrition

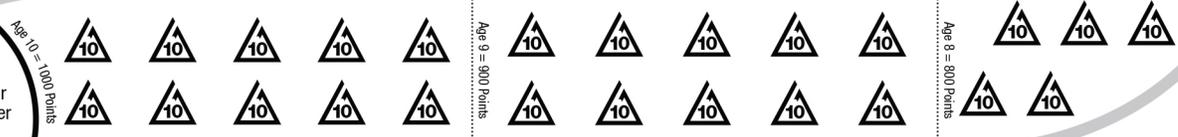
Be brave - try new healthy foods when you can, swap out junk for something better, and say "No thank you" to treats that don't fuel your body right.



Earn 10 Points (1 triangle crossed out) if someone has to tell you to do it.
Earn 20 Points (2 triangles crossed out) if you do good without being told!

Hygiene

Keep clean by washing your hands before meals and after the restroom, and make showering and brushing your teeth part of your daily routine.



Bonus Points = All the points you earn beyond your age requirement.

Service

Teach others that health is balance; it's about moving, eating well, and resting right.



Request a Bonus Sheet to continue tracking beyond 1200 points!



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! While you should always score as many points as you can, each child is limited to earning the grand prize once per year so that other kids can have a chance.