

NICE JOB!
Keep eating healthy!

YOUR TIME TO SHINE!

START YOUR DAY WITH NUTRITIOUS FOOD AND EXERCISE!

JUMPING JACKRABBITS

How many jumping jacks can you do in a row?
(The world record is 3,744!)




GOOD EXERCISE HELPS YOUR BODY & BRAIN BECOME STRONG!

STAND TALL

Giraffes reach for the highest branches to eat leaves. How high can you reach?

See if you can stand on your tippy toes and reach up as high as you can for 15 seconds.



BREAKFAST CHALLENGE!

Every day you eat a good breakfast, check off the next box up. How fast can you climb to the top?

WHAT'S ON YOUR PLATE?

CAN YOU FIND THESE TASTY ITEMS ON YOUR PLATE!

BANANAS

BERRIES

CEREAL

MUFFIN

OATMEAL

YOGURT

TOAST

MILK

APPLE



X	D	W	B	Z	C								
A	M	K	O	L	A	D	E	A	O				
K	P	Z	Y	B	A	N	I	R	U	A	H		
M	U	F	F	I	N	F	A	H	E	F	T	P	D
I	U	J	D	A	W	A	N	S	A	J	M	K	Y
L	A	F	U	Y	X	A	A	A	L	U	E	W	X
K	B	E	R	R	I	E	S	Z	N	A	A	D	A
X	J	A	Y	O	G	U	R	T	A	L	G		
T	O	A	S	T	G	S	A	Y	A				
A	P	P	L	E	X								