

## What is the **Fitness for Kids Challenge?**

Name

Grade

Teacher

**The Fitness for Kids Challenge (FFKC) will teach you healthy habits all year long!**

Do you know what healthy habits are? Healthy habits are things like eating fruits and vegetables, getting our bodies moving, learning about our feelings and emotions, getting enough sleep at night and more! Learning about these habits can help us to grow up strong and healthy! Our way to remember these healthy habits are by calling them the **95210+you** goals!



Jake



Emily



Tara



Alex



Marco



Amira



Rachel



Ranger

**JOKE!**

Why did the peanut get into a rocket?  
**He wanted to be an Astro-nut!**

### ACTIVITY:

Let's start by learning what each of the **95210+you** goals are! Can you write a word that has to do with each monthly goal on the line? Make sure to not use a word found in the goal itself such as sleep, vegetable, screen time, etc.

**9**

Get nine hours of sleep per night.

**5**

Eat five or more servings of fruits and vegetables per day!

**2**

Limit screen time to two hours or less per day.

**1**

Engage in one hour or more of physical activity per day.

**0**

Have zero sugary drinks per day.

**+you**

Be your best you!



## CHALLENGE:

Pick one of the new **95210+you** goals you just learned about! Can you think of a goal you want to reach this year that has to do with those healthy habits? It can be something like:

Learn how to play soccer

Try a new fruit or vegetable each month.

Get more sleep

Write your goal on the line. Can you write one way you plan on reaching your goal this year?

My goal this year is: \_\_\_\_\_

One way I plan on reaching this goal is by: \_\_\_\_\_

9

5

2

1

0

+you

## WORD SEARCH

Help Amira find and circle the list of **95210+you** words in the puzzle below.

**HEALTHY**

**THANKFUL**

**EXERCISE**

**RESTFUL**

**ACTIVE**

**SHARING**

**POSITIVE**

**TALENTED**

**FRIENDSHIP**

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | A | E | B | P | D | E | T | N | E | L | A | T |
| H | P | O | S | I | T | I | V | E | K | T | U | R |
| A | E | X | E | R | C | I | S | E | F | H | Q | E |
| C | T | A | G | N | I | R | A | H | S | A | A | S |
| T | K | F | L | F | H | Y | R | J | F | N | L | T |
| I | O | R | X | T | F | D | O | K | L | K | T | F |
| V | U | M | Y | T | H | V | P | S | J | F | T | U |
| E | G | P | B | S | I | Y | A | V | E | U | V | L |
| F | R | I | E | N | D | S | H | I | P | L | P | A |

