





























Please
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Important
Details

Name: _____
School/Department: _____

In Search of the Healthiest Bunch!

ACPS Spring Challenge - May 2017

Circle the image on each day you that are able to complete the challenge

Week 1 NUTRITION	5 Servings of Fruits and/or Vegetables	1	2	3	4	5	6	7
								
Week 2 PHYSICAL ACTIVITY	One Mile Lap or 30- Minutes of Activity	8	9	10	11	12	13	14
								
Week 3 HYDRATION	Eight 8 oz. glasses of (mostly) H ₂ O	15	16	17	18	19	20	21
								
Week 4 SLEEP	7-9 Hours of Sleep Each Night	22	23	24	25	26	27	28
								

Return to your Wellness Champion by
Tuesday, May 30

Total "Circles" Earned: ___/28

The Weekly Challenges

Step 1

- **Week 1: Nutrition -- 5 Servings of Fruits/Vegetables a Day**

According to the [Centers for Disease Control and Prevention](#), "Eating more fruits and vegetables adds nutrients to diets, reduces the risk for heart disease, stroke, and some cancers, and helps manage body weight when consumed in place of more energy-dense foods." We are aiming for at least five servings of fruits and vegetables daily. Here is a rough guideline for serving sizes: ½ cup of fruit, 1 medium piece of fruit, ¼ cup of dried fruit, ½ cup (4 ounces) of 100% fruit or vegetable juice, 1 cup of leafy vegetables, or ½ cup of cooked or raw vegetables. **Eat five servings daily and circle the fruits and veggies image for that day.**

- **Week 2: Physical Activity – One Mile Lap OR 30 Minutes Physical Activity**

Empirical research finding a positive relationship between physical activity and one's physical and mental health continues to mount. During week two, demonstrate your commitment to this essential healthy-living building block by **either walking the appointed one-mile lap at your school or office or exercise for 30 minutes outside of school** (brisk walking, jogging, bicycling, swimming, or any other activity that elevates your heart rate) **each day and circle the beating heart image.**

- **Week 3: Hydration – 8 x 8**

Water plays an important role in flushing toxins, carrying nutrients to cells, and keeping your body hydrated. While there is some debate about the ideal amount of water to consume each day, for this challenge, we are aiming for 8 x 8. **Consume at least 8 glasses of 8 oz. of fluids each day (mostly water, limiting sugary beverages) and circle the image of the glass of water.**

- **Week 4: Sleep – 7- 9 Hours per Night**

Experts recommend between 7 – 9 hours of sleep per night, which might be a real challenge for some. **Log 7 – 9 hours of sleep each night, circle the comfy-looking bed.**

Step 2: Count up your circles, put that total at the bottom of your page in the " __/28" section.

Step 3: Return this sheet to your Wellness Champion ASAP!

Thank you very much for participating in this year's Spring Challenge.
All participants who earn a score of 20 or higher will be entered into a raffle containing many exciting prizes!