

During the week before Walk to School Day try as many of the activities below as you can. Do these healthy activities at school or a home and cross out the squares below!

Put an X on the activities you do and turn into your Physical education teacher for a prize.

Go to bed at the same time (before 9:00 p.m.) 3 days in a row	Take at least one serving of vegetables at lunch	Play Tag with friends	Buy fresh fruits or vegetables at a farmer's market or grocery store	Don't play video games for three days
Take a walk with your family before or after school	Eat the healthy snack provided by the school	Fill half of your lunch plate with fruits or vegetables (or bring them from home)	Play outside for 30 minutes after school or on the weekend	Walk to school with a friend, or walk after school for 15-20 minutes
Turn off the TV during dinner	Take a walk with your family after dinner	WALK TO SCHOOL ON OCTOBER 7!	Be physically active during all 30 minutes of outdoor recess	Play outside for an hour on Saturday or Sunday
Try a new vegetable	Play on a park jungle gym	Go outside and play instead of watching TV	Try a new fruit	Drink a glass of water with breakfast, lunch, or dinner
Be physically active during all 30 minutes of outdoor recess	Help cook a healthy dinner	Take a walk with your family after lunch	Walk to the store instead of driving (or park far away from the store entrance)	Have a fruit or vegetable as an afternoon snack