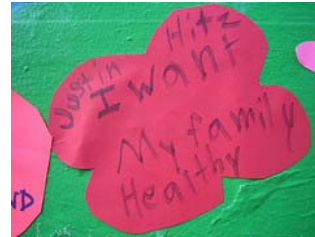


Countdown to Better Health Challenge

Take this 12-week wellness challenge and put your family on track for better health.

- Use the activity log on the reverse to record your daily progress for each challenge item.
- Motivate your family members with a pedometer to get started and small rewards or privileges for finishing the challenge.

- Make a written family commitment to improve your health.



10 - 10,000 steps a day

10



9 - Hours of sleep a night

9

8



8 - Glasses of water a day

7

6



7 - Breakfasts a week

5

4



6 - Family meals a week

3

2



5 - Servings of fruits and vegetables daily

1

0!



4 to 6 - Servings of whole grains a day



3 to 4 - Servings of low-fat dairy a day (1% or skim)



2 - Hours or less of daily combined screen time



1 - At least 1 hour of physical activity per day



0 - Sugared drinks per day

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Got a Question? Ask Dr. Judy at www.askdrjudy.com. Also log on for additional resources including podcasts on pediatric nutrition and a free e-newsletter.