



March Madness Challenge!

March 1—31, 2018

Earn a point for the day if you have completed at least seven of the following goals:

1. Engage in 30 or more minutes of active time!
2. Spend 20 minutes or more outside for your daily dose of Vitamin D!
3. Limit screen time to 1 hour or less of high quality programming!
4. Eat a total of 1 cup of fruit and 1 cup of veggies a day!
5. Make healthy snack choices!
6. Brush your teeth 2 or more times a day
7. Sleep 10—13 hours a day, including naps!
8. Wash hands with soap and warm water before eating!
9. Eat a healthy breakfast!
10. Demonstrate kindness!

Complete at least 25 days for a chance to win!

**Return completed forms by April 5, 2018 to your child's teacher.
Drawing to be held on April 6, 2018.**

**One random winner per school will take home a
\$25.00 Barnes & Noble gift Card!**