

Wellness Week Challenge 2022

- o Drink 5 glasses or more of water each day



- o Eat 5 or more colorful foods each day



- o Recite this Pledge every morning this week

*"I pledge to myself on the day,
To try to be kind in every way.
To every person big and small,
I will help them if they fall.
When I love myself and others too,
That is the best I can do!
Today, the Choice is Mine!"*

- o Spend 30 minutes or more each day doing physical activity (walk, jog, bike, dance, ice skate, sleigh riding)



- o Plan 10 hours of sleep or more every night



Wellness Week Challenge

Win a Jump Rope

Raffle Entry From

I, _____, completed the Wellness Week Challenge each day during the week of February 22-25th, 2022.

Please enter my name into the raffle to be eligible to win a Jump Rope.

One winner from each class will be picked and announced on Friday, March 4th 2022.

Student Signature: _____

Parent Signature: _____

Teacher: _____

Grade: _____