

Harvest 2017

Health Challenge



Over the month of October, see how many of the challenges you can complete and how many times you can do them. Each time you complete a challenge, put a coin in your collection box. Bring your collection box back into school on Friday 13 October for our Harvest Festival

Why not stick this tally chart somewhere where your family can see how well you are doing? (They might even want to get involved too!)

Challenge	Tally of times completed 	Money raised
Eat fruit instead of pudding		
Attend a dance session		
Run up and down the stairs 10 times (up and down = 1 time)		
Do half an hour exercise of your choice		
Try a new fruit that you haven't had before		
Try a new vegetable that you haven't had before		
Drink 5 glasses of water a day		
Play a physical game		
Skip for 10 minutes		
Attend a sports session		
Drink sugar free squash		
You can add your own healthy challenges too!		

