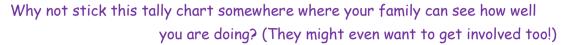
Harvest 2017 Health Challenge

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



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!					



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