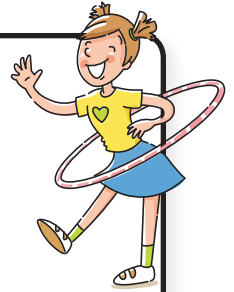


# Summer Fit Activities™

**Growing Strong Minds, Bodies, and Values!**



Week: \_\_\_\_\_

My parents and I agree that if I complete this

## INCENTIVE CONTRACT CALENDAR

for this week my reward will be:

\_\_\_\_\_

I will **read** \_\_\_\_\_ minutes a day

I will do some form of **fitness** / physical activity for at least 1 hour a day.

I will practice this **value**: \_\_\_\_\_ (honesty, resilience, courage, perseverance, respect, responsibility, self-discipline, kindness, optimism, determination, obedience, creativity.)

by \_\_\_\_\_.

I will work on this **healthy habit**: \_\_\_\_\_

I will work on my **positive mindset** by: \_\_\_\_\_



Child Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

READING	SUMMER FIT BOOK	FITNESS	HEALTHY HABITS	POSITIVE MINDSET
Day ①	Day ①	Day ①	Day ①	Day ①
Day ②	Day ②	Day ②	Day ②	Day ②
Day ③	Day ③	Day ③	Day ③	Day ③
Day ④	Day ④	Day ④	Day ④	Day ④
Day ⑤	Day ⑤	Day ⑤	Day ⑤	Day ⑤

# Summer Fit Activities™

## Healthy Habit Ideas:

- Exercise every day. Get outside and walk, run, stretch, and play.
- Cut out sugar and limit sweets.
- Eat more fruits and vegetables.
- Read food labels and learn to watch for sugar, salt, and fat.
- Wash my hands properly.
- Get over 8 hours of sleep each night.
- Wear fresh clothes every day.
- Brush my teeth twice a day.
- I will make good food choices and eat a variety of foods from all the food groups. (dairy, grains, protein, fruits, and vegetables).
- Stay safe and wear a helmet when on my bike, skates, scooter, skateboard.
- Wear my seatbelt every time I am in the car.
- Drink more water.
- I will wear sunscreen and a hat when going outside.
- Give up soda and juice for the week.

## Positive mindset:

- 1** Have a positive attitude.
- 2** Limit screen time.
- 3** Read every day
- 4** Journal about things that make me happy, sad, angry.
- 5** Try something new.
- 6** Look at my mistakes as a challenge and opportunity to learn.
- 7** Instead of saying, "I can't do this", say "I can't do this, YET."
- 8** Make a list of 5 things I like about myself.
- 9** Make a list of 3 goals I have.
- 10** I will not give up when I fail but try another way.