Twitter Challenge Chart

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Day One  (Monday) | Day Two  (Tuesday) | Day Three  (Wednesday) | Day Four  (Thursday) | Day Five  (Friday) |
| Healthy  Food Choice  Breakfast | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** |
| Healthy  Food Choice  Lunch | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** |
| Healthy  Food Choice  Dinner | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** | * **Food Name** * **Signature** * **Twitter: Y N** |
| Activity #1 | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** |
| Activity #2 | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** |
| Activity #3 | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** | * **Activity Name** * **Signature** * **Twitter: Y N** |
| Total | **\_\_ /** 21 | **\_\_ /** 21 | **\_\_ /** 21 | **\_\_ /** 21 | **\_\_ /** 21 |

Total Points: \_\_ / 105

**Tips for receiving all possible points per day**:

* Pick one healthy food per meal (Breakfast, lunch, dinner).
* Pick three activities.
* Two moderate.
* One vigorous.
* One extra point for having your parents involved in the activity.
* When they sign off tell them to put a +1 by their signature.
* One extra point for sending in a twitter photo or video of your activity.