

WEEK 1

SET A MILEAGE GOAL FOR
THE SUMMER?

HOW MANY MILES DO YOU THINK
YOU CAN RUN BY JULY 26?

GOAL: _____

WEEK 2

HYDRATE, HYDRATE,
HYDRATE! CHOOSE WATER
OVER SUGARY DRINKS.

HOW MANY OUNCES OF WATER
DID YOU DRINK IN 1 DAY?

WEEK 3

STAY SAFE WHEN YOU
ARE ACTIVE.

WHERE IS A SAFE PLACE FOR
YOU TO BE ACTIVE?

WEEK 4

PHYSICAL ACTIVITY MAKES
YOUR BODY FEEL GOOD!

EXPLAIN HOW RUNNING MAKES
YOU FEEL!

WEEK 5

YES I CAN!

CHALLENGE YOURSELF TO DO
SOMETHING HARD, AND DO IT
ANYWAY! WHAT WAS IT?

WEEK 6

BUILD A HEALTHY PLATE
PRACTICE FILLING YOUR PLATE
WITH ALL 5 COMPONENTS OF
MYPLATE

WHAT NEW FOOD DID YOU TRY?

WEEK 7

MANAGE YOUR SCREEN TIME

MAKE A GOAL TO LIMIT YOUR
SCREEN TIME. TELL US ABOUT
SOMETHING ACTIVE YOU DID TO
REPLACE SCREEN TIME!

WEEK 8

HOW MANY MILES DID
YOU RUN THIS SUMMER?

DID YOU ACCOMPLISH THE
GOAL YOU SET IN WEEK #1?

TOTAL MILES: _____