

# 20 GO! 11

## CHALLENGE FOR KIDS!

Learn what it feels like to care for your body, mind and spirit.

My stretch goal(s) for the **GO! Challenge**:

### Go! Challenge for kids

This Challenge is for kids ages 4 – 12. It was inspired by the version created in 2010 by Pastor Diane Loberger’s Sheboygan, Wis. congregation.

Parents take note, this tracking sheet is offered for general informational purposes only and should not be seen as recommending a specific course of action. Always seek the advice of your physician or other qualified health care provider before starting your children on an exercise program or significantly changing their diet.

### How to take the Go! Challenge

- Talk with your parents about what day you’re going to start. Write the date at the top of the first column on your tracking sheet.
- Choose your stretch goal — something you want to do differently — and write it in the box below.
- Give yourself stars each day when you take care of your body, eat smart, spend time with others and enjoy quiet time by yourself.

Don't forget...

Pick your stretch goal!

HOW WILL YOU GO?

|                   |   | Week 1   |   |   |   |   |   |   | Week 2 |   |   |   |   |   |   |
|-------------------|---|--|---|---|---|---|---|---|--------|---|---|---|---|---|---|
| CATEGORIES        |   | STARS PER DAY  | / | / | / | / | / | / | /      | / | / | / | / | / | / |
| Care for yourself | <b>Get out and move</b><br>Good choices: Walk, run, swim, bike, dance, do sports, chores, yoga, jump rope                                       | 30 min = 2 stars<br>45 min = 3 stars<br>60 min = 4 stars |   |   |   |   |   |   |        |   |   |   |   |   |   |
|                   | <b>Care for your smile</b><br>Brush your teeth and floss as your dentist suggests.  | 1 stars  |   |   |   |   |   |   |        |   |   |   |   |   |   |
|                   | <b>Get a good night's sleep</b><br>Go to bed early enough so you wake up with energy.   | 1 star   |   |   |   |   |   |   |        |   |   |   |   |   |   |
| Eat smart         | <b>Healthy breakfast</b><br>Start the day with a nutritious meal. Good choices: Fruit, vegetables, whole grains, low-fat protein, low-fat dairy | 2 stars  |   |   |   |   |   |   |        |   |   |   |   |   |   |
|                   | <b>Healthy lunch</b><br>Good choices: Fruit, vegetables, whole grains, lean meat, low-fat dairy   | 1 star   |   |   |   |   |   |   |        |   |   |   |   |   |   |
|                   | <b>Healthy dinner</b><br>Good choices: Fruit, vegetables, whole grains, lean meat, low-fat dairy  | 1 star   |   |   |   |   |   |   |        |   |   |   |   |   |   |
|                   | <b>Healthy snacks</b><br>Good choices: Fruits, veggies, whole grains or nuts  | 1 star   |   |   |   |   |   |   |        |   |   |   |   |   |   |
| Make time         | <b>Quiet time for yourself</b><br>Good choices: Pray, read, do art, make music, journal, rest   | 30 min = 1 star  |   |   |   |   |   |   |        |   |   |   |   |   |   |
|                   | <b>Social time with others</b><br>Do something with family or friends, volunteer, play a game   | 60 min = 1 star  |   |   |   |   |   |   |        |   |   |   |   |   |   |
| <b>TOTAL</b>      |   |  |   |   |   |   |   |   |        |   |   |   |   |   |   |
|                   |   | ↓ WEEKLY TOTAL   |   |   |   |   |   |   |        |   |   |   |   |   |   |
|                   |   | ↓ WEEKLY TOTAL   |   |   |   |   |   |   |        |   |   |   |   |   |   |

2 week total \_\_\_\_\_

