

Activity Card

Activity cards are for K-6th graders. Activities must be completed between April 1 – May 13.

Participants must complete NINE (9) of the TWELVE (12) activities (at least one from each category must be completed).

Get ideas to help complete the activity card by checking out our M2M Newsletter (emailed twice a month)**

Physical

Environmental

Nutritional

Learn to play football and help the Texas Revolution on the field during pregame warm-ups, FREE Interactive Event!

Sat, April 19, 5:00p.m. @ Allen Event Center

Participate in an Earth Day Activity. **(Earth Fest, Environmental Club activity at your school or Earth Day Lesson)****

Help plan and prepare a nutritional dinner with your parent/guardian at least **four times this month.**

Play outside for a minimum of **30 minutes, four times a week** (Ex – visit a park, walk your dog, go skating)

Recycle **five items per week.**

Try **four** new fruits you've never tried before.

Participate in a sport or activity that you've never tried before. (Check the newsletter for some FREE opportunities)

Spend **30 minutes, twice this month** helping parents with outdoor chores.

Eat a healthy snack **once a day, four times a week.** (Utilize the **Kids Teaching Kids Website, kids-teaching-kids.com**)

Do one minute of each: sit ups, pushups, and jumping jacks **four days a week.**

Walk, bike, or carpool to school at least **once a week.**

Drink three glasses of water and take a healthy vitamin on a **daily basis.**



Parents or PE teachers initials required on each activity completed

Please turn your activity card in during PE Class the week of May 18 - 22



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Child Name: _____

Date of Birth: _____

Parent/Guardian: _____

Date of Birth: _____

Address: _____

Email: _____

Phone: _____

Name of School: _____

Home Room Teacher: _____

PE Teacher: _____

Grade: _____

Pre-registration Recommended

Register online at getallenhealthy.com or
by phone or on location at the following:

Joe Farmer Recreation Center
1201 E. Bethany || Allen, TX 75002
214.509.4750

Don Rodenbaugh Natatorium
110 Rivercrest Blvd. || Allen, TX 75002
214.509.4770

FREE