



Healthy Kids

Activate your Shield with the Super Crew® Tracker!

Follow these daily tips to think, feel and look your best!

Color in a shield each time you achieve your daily goal!



DAY 1
Eat a green fruit, vegetable, or herb today.



DAY 2
Take your parent or grown-up on a 20-minute walk.



DAY 3
Add fresh lemon or sliced fruit to ice water.



DAY 4
Try a new type of bean.



DAY 5
Eat a red, plant-based food like raspberries, red rice, or red beans.

Good job! As you reach a new day, be sure to keep up with what you learned the day before.



DAY 6
Do jumping jacks during TV commercials.



DAY 7
Read a food label with a parent or grown-up.



DAY 8
Freeze some grapes for your dessert today.



DAY 9
Eat a white, non-starchy, plant-based food today like onion, white beans, or tofu.



DAY 10
Add a salad to your meal.



DAY 11
Dance for 20 minutes to your favorite tunes.



DAY 12
Eat one veggie for dinner tonight.

You're on your way! These small changes every day really add up to help you live a healthier life.



DAY 13
Eat a yellow, plant-based food like quinoa, pineapple, or melon.



DAY 14
Swap white pasta for 100% whole grain.



DAY 15
Do 5 – 10 minutes of stretching exercises.



DAY 16
Eat a purple fruit or vegetable today like plums or eggplant.



DAY 17
Try a new vegetable you've never had before.



DAY 18
Play an active game at the park.



DAY 19
Try a new whole grain like barley.

Keep it up! Are you feeling like any of these are becoming habits yet?



DAY 20
Make a smoothie with any color fruit or vegetable.



DAY 21
Try a nut you've never had before.



DAY 22
Make today a "no-screen" day (no tv, phone, computer, etc.).



DAY 23
Enjoy air-popped popcorn as a whole-grain snack.



DAY 24
Eat a brown, plant-based food today like brown rice, oatmeal, or cinnamon.



DAY 25
Drink a glass of water with your meals.



DAY 26
Skip hard with a jump rope for 15 minutes.

You're doing great! Remember, these are activities to help change your life.



DAY 27
Help a parent or grown-up make a meatless dinner.



DAY 28
Eat an orange food at breakfast.



DAY 29
Do 10 wall push-ups.



DAY 30
Make a healthy recipe with a parent or grown-up.



Every time you eat a color the Super Crew recommends, color in the correct shield.



Shield Goal Setting with



Create goals using each of the toolkits . Color in your shield when you reach your weekly goal.

Example, this week I will:

Shop for the ingredients for the bean and veggie enchiladas and make it as a family.

Your goal:



Week 4 (tool kit 4)

Example, this week I will:

Track the exercises that are good for my heart, muscles and bones on the activity tracker.

Your goal:

What's your record for non-stop jump rope?
-Jessie



Week 2 (tool kit 2)

Example, this week I will:

Try a new kind of whole-grain like buckwheat soba noodles or quinoa linguine.

Your goal:

Try making homemade granola with half the sugar!
-Kira



Week 5 (tool kit 5)

Example, this week I will:

Help my family make lunch or dinner.

Your goal:



Week 3 (tool kit 3)

Example, this week I will:

Eat beans in my lunch or dinner 2 days this week.

Your goal:

I love to cook with my family!
-Abigail



Week 6 (tool kit 6)

Example, this week I will:

Try to add a vegetable to my favorite dish, like adding peas, salsa or butternut squash to my mac-n-cheese.

Your goal:

