

# Shape Your Future

# HEALTHY HABITS REWARD CARD

Need help helping your kids stay healthy? Add a little encouragement! For every 5 healthy choices they make throughout the week, reward them with a fun family activity! Healthy habits will follow your kids for life, so start today!

Hang this on your fridge, check off the boxes... and don't forget to share photos of your activities and tag them with #ShapeFutureOK!

 Drink water	Played for 60 minutes 	 Filled 1/2 of plate with fruits & veggies	Tried a new physical activity* 	 Tried a new fruit	<b>ACTIVITY</b> Family walk or bike ride
 Played for 60 minutes	Ate a healthy lunch* 	 Learned about dangers of tobacco	Helped cook a healthy meal* 	 Drink water	<b>ACTIVITY</b> Indoor obstacle course
 Tried a new veggie	Tried infused water recipe* 	 Played for 60 minutes	Filled 1/2 of plate with fruits & veggies 	 Tried a new physical activity*	<b>ACTIVITY</b> Basketball, soccer or football
 Ate a healthy breakfast*	Drink water 	 Completed Be Tobacco Free coloring page*	Played for 60 minutes outside 	 Tried a new fruit	<b>ACTIVITY</b> Cook a healthy meal together*
 Tried a new veggie	Played for 60 minutes inside 	 Filled 1/2 of plate with fruits & veggies	Tried infused water recipe* 	 Tried a new physical activity	<b>ACTIVITY</b> Make a list and go on a scavenger hunt

\*Coloring pages, recipes and activities available at [ShapeYourFutureOK.com](http://ShapeYourFutureOK.com).

Eat better. Move more. Be tobacco free.

 [ShapeYourFutureOK.com](http://ShapeYourFutureOK.com)

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