MONDAY 24 SEPTEMBER

Healthy choices / Unhealthy choices	INSERT NAME	INSERT NAME	INSERT NAME	INSERT NAME
I ate a non sugary breakfast today (win 10 points)				
I ate some fruit today (win 10 points for each type of fruit)				
I ate some vegetable today (win 10 points for each type of veg)				
I drank 3 or more glasses of water and/or milk (win 10 points)				
I ate chocolate or sweets today (lose 10 points)				
I drank one or more sugary drinks today (lose 15 points)				
I played a sport today or ran for over 30mins (win 20 points)				
Away from school/work I spent over 30m outside playing (win 20)				
I helped complete a household chore today (win 20 points)				
I was the last person in my family out of bed this morning (lose 10 points)				
We took the car to a place we could have walked (lose 20 points)				
I spent most of my day sat down and inactive (lose 20 points)				
I had an electronics free day today (win 30 points)				
Today I read a book outside of school (win 20 points)				
I sang a song out loud or danced today (win 20 points)				
Last night I slept for 8 hours or more (win 10 points)				
I spent more than one hour sat watching the TV (lose 20 points)				
I spent more than one hour playing on a game (lose 20 points)				
I made someone smile today (win 20 points)				
I laughed out loud today (win 20 points)				
	DAILY TOTAL	DAILY TOTAL	DAILY TOTAL	DAILY TOTAL

TUESDAY 25 SEPTEMBER

Healthy choices / Unhealthy choices	INSERT NAME	INSERT NAME	INSERT NAME	INSERT NAME
I ate a non sugary breakfast today (win 10 points)				
I ate some fruit today (win 10 points for each type of fruit)				
I ate some vegetable today (win 10 points for each type of veg)				
I drank 3 or more glasses of water and/or milk (win 10 points)				
I ate chocolate or sweets today (lose 10 points)				
I drank one or more sugary drinks today (lose 15 points)				
I played a sport today or ran for over 30mins (win 20 points)				
Away from school/work I spent over 30m outside playing (win 20)				
I helped complete a household chore today (win 20 points)				
I was the last person in my family out of bed this morning (lose 10 points)				
We took the car to a place we could have walked (lose 20 points)				
I spent most of my day sat down and inactive (lose 20 points)				
I had an electronics free day today (win 30 points)				
Today I read a book outside of school (win 20 points)				
I sang a song out loud or danced today (win 20 points)				
Last night I slept for 8 hours or more (win 10 points)				
I spent more than one hour sat watching the TV (lose 20 points)				
I spent more than one hour playing on a game (lose 20 points)				
I made someone smile today (win 20 points)				
I laughed out loud today (win 20 points)				
DAILY TOTAL	DAILY TOTAL	DAILY TOTAL	DAILY TOTAL	DAILY TOTAL

WEDNESDAY 26 SEPTEMBER

Healthy choices / Unhealthy choices	INSERT NAME	INSERT NAME	INSERT NAME	INSERT NAME
I ate a non sugary breakfast today (win 10 points)				
I ate some fruit today (win 10 points for each type of fruit)				
I ate some vegetable today (win 10 points for each type of veg)				
I drank 3 or more glasses of water and/or milk (win 10 points)				
I ate chocolate or sweets today (lose 10 points)				
I drank one or more sugary drinks today (lose 15 points)				
I played a sport today or ran for over 30mins (win 20 points)				
Away from school/work I spent over 30m outside playing (win 20)				
I helped complete a household chore today (win 20 points)				
I was the last person in my family out of bed this morning (lose 10 points)				
We took the car to a place we could have walked (lose 20 points)				
I spent most of my day sat down and inactive (lose 20 points)				
I had an electronics free day today (win 30 points)				
Today I read a book outside of school (win 20 points)				
I sang a song out loud or danced today (win 20 points)				
Last night I slept for 8 hours or more (win 10 points)				
I spent more than one hour sat watching the TV (lose 20 points)				
I spent more than one hour playing on a game (lose 20 points)				
I made someone smile today (win 20 points)				
I laughed out loud today (win 20 points)				
	DAILY TOTAL	DAILY TOTAL	DAILY TOTAL	DAILY TOTAL

THURSDAY 27 SEPTEMBER

Healthy choices / Unhealthy choices	INSERT NAME	INSERT NAME	INSERT NAME	INSERT NAME
I ate a non sugary breakfast today (win 10 points)				
I ate some fruit today (win 10 points for each type of fruit)				
I ate some vegetable today (win 10 points for each type of veg)				
I drank 3 or more glasses of water and/or milk (win 10 points)				
I ate chocolate or sweets today (lose 10 points)				
I drank one or more sugary drinks today (lose 15 points)				
I played a sport today or ran for over 30mins (win 20 points)				
Away from school/work I spent over 30m outside playing (win 20)				
I helped complete a household chore today (win 20 points)				
I was the last person in my family out of bed this morning (lose 10 points)				
We took the car to a place we could have walked (lose 20 points)				
I spent most of my day sat down and inactive (lose 20 points)				
I had an electronics free day today (win 30 points)				
Today I read a book outside of school (win 20 points)				
I sang a song out loud or danced today (win 20 points)				
Last night I slept for 8 hours or more (win 10 points)				
I spent more than one hour sat watching the TV (lose 20 points)				
I spent more than one hour playing on a game (lose 20 points)				
I made someone smile today (win 20 points)				
I laughed out loud today (win 20 points)				
	DAILY TOTAL	DAILY TOTAL	DAILY TOTAL	DAILY TOTAL

FRIDAY 28 SEPTEMBER

Healthy choices / Unhealthy choices	INSERT NAME	INSERT NAME	INSERT NAME	INSERT NAME
I ate a non sugary breakfast today (win 10 points)				
I ate some fruit today (win 10 points for each type of fruit)				
I ate some vegetable today (win 10 points for each type of veg)				
I drank 3 or more glasses of water and/or milk (win 10 points)				
I ate chocolate or sweets today (lose 10 points)				
I drank one or more sugary drinks today (lose 15 points)				
I played a sport today or ran for over 30mins (win 20 points)				
Away from school/work I spent over 30m outside playing (win 20)				
I helped complete a household chore today (win 20 points)				
I was the last person in my family out of bed this morning (lose 10 points)				
We took the car to a place we could have walked (lose 20 points)				
I spent most of my day sat down and inactive (lose 20 points)				
I had an electronics free day today (win 30 points)				
Today I read a book outside of school (win 20 points)				
I sang a song out loud or danced today (win 20 points)				
Last night I slept for 8 hours or more (win 10 points)				
I spent more than one hour sat watching the TV (lose 20 points)				
I spent more than one hour playing on a game (lose 20 points)				
I made someone smile today (win 20 points)				
I laughed out loud today (win 20 points)				
	DAILY TOTAL	DAILY TOTAL	DAILY TOTAL	DAILY TOTAL

MY FAMILY LEADERBOARD

DAY	INSERT NAME	INSERT NAME	INSERT NAME	INSERT NAME
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
	WEEK TOTAL	WEEK TOTAL	WEEK TOTAL	WEEK TOTAL

WHITLEY CHAPEL CE
First School

The Active Families
WINNER
in my household was

_____

Congratulations