



KIDSFIT SOCIAL DISTANCING

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Finish a Self-Care Sunday KidsFit At Home video

Eat 3 servings of fruit in one day

Help parents cook a healthy dinner

Finish a Sports Specific Saturday KidsFit At Home video

Video chat with a good friend

Get 60 minutes of activity in one day

Wash your hands before lunch

Finish a Fun Fact Friday KidsFit At Home video

Eat breakfast 5 days in a row

Complete the Video Chat Combat Challenge

Finish a Game Day Thursday KidsFit At Home video

Choose 2 healthy snacks for the day

Eat 4 servings of vegetables in one day

Watch no more than 2 hours of TV in one day

Finish a Upper Body Work Wednesday KidsFit At Home video

Eat 2 servings of protein in one week

Finish a Lower Body Moves Monday KidsFit At Home video

Video chat with a grandparent

Drink 8 glasses of water in one day

Wash your hands before dinner

Wash your hands before breakfast

Eat 4 servings of whole grains in one day

Host a virtual game night as a family

Finish a Try It Tuesday KidsFit At Home video

Eat or drink 3 servings of dairy in one day

JOIN THE CLUB

Sign up today at Hy-VeeKidsFit.com