



KIDS TRACKER

Get the whole family involved in Strive for 5 this year with the Kid's Tracker. Have your kids participate in each week's challenge using their own tracker with helpful information and a fun activity for the week. This tracker is just for fun and is not required to be turned in or sent to LIVESMART.

Kid's Drawing Challenge - During Week 5, your child will draw a picture of their favorite outside activity. Share this picture on Facebook and tag "livesmartoni" to be entered into a drawing for a kid's prize pack. Submit this picture by April 19 to be eligible for the prize drawing.

We encourage you to explain each challenge at the beginning of each week so they understand why each challenge is important.



Strive to eat 5 fruits and vegetables a day.



Strive to drink 5 cups of water a day.



Strive to play for 30 minutes 5 days a week.



Strive to sleep 7-8 hours 5 nights a week.

connect@livesmartoni.com | www.livesmartoni.com | 888-501-1252

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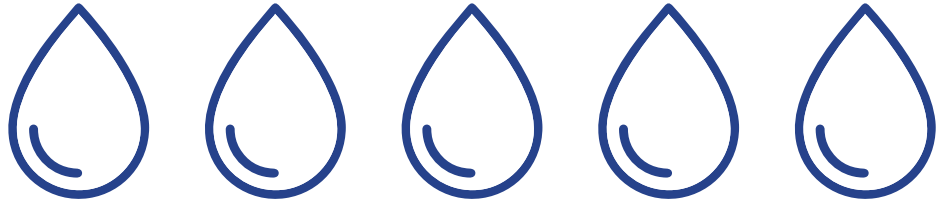


Strive to drink 5 cups of water a day.

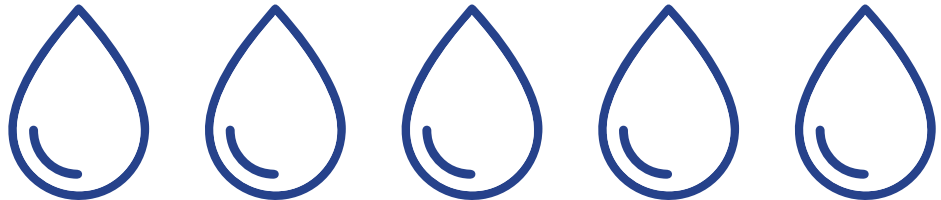
HOW MUCH WATER CAN YOU DRINK?

We challenge you to drink 5 glasses of water per day. Color the water drop for each glass you drink.

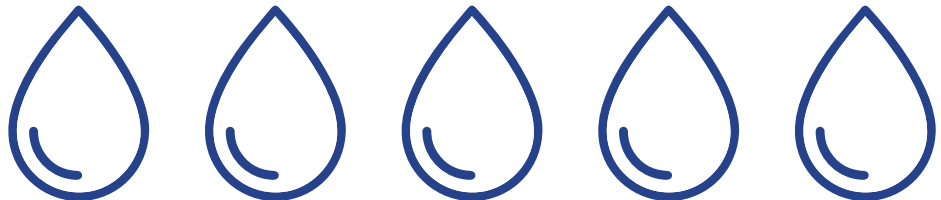
MONDAY



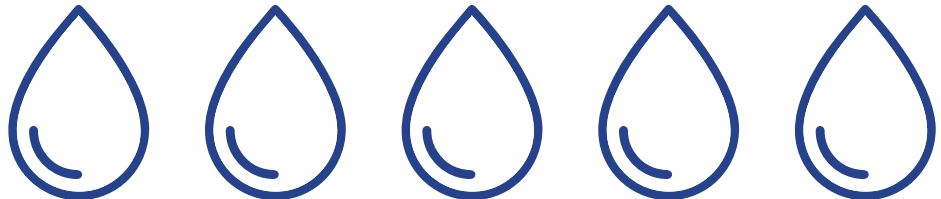
TUESDAY



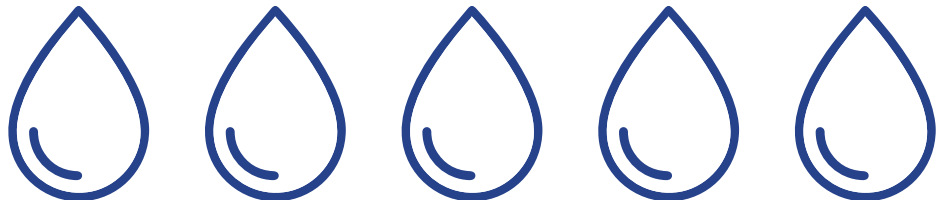
WEDNESDAY



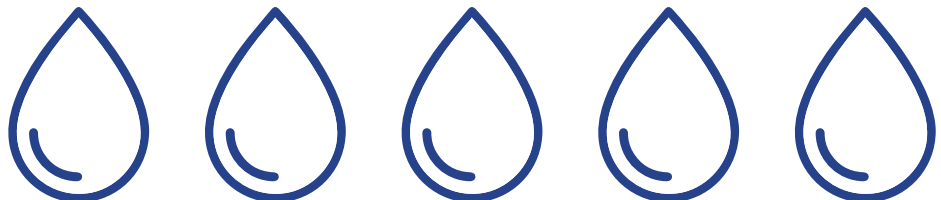
THURSDAY



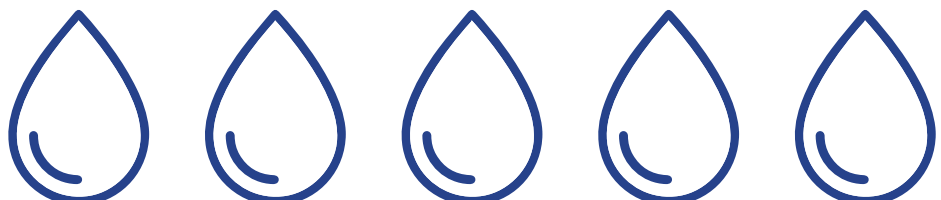
FRIDAY



SATURDAY



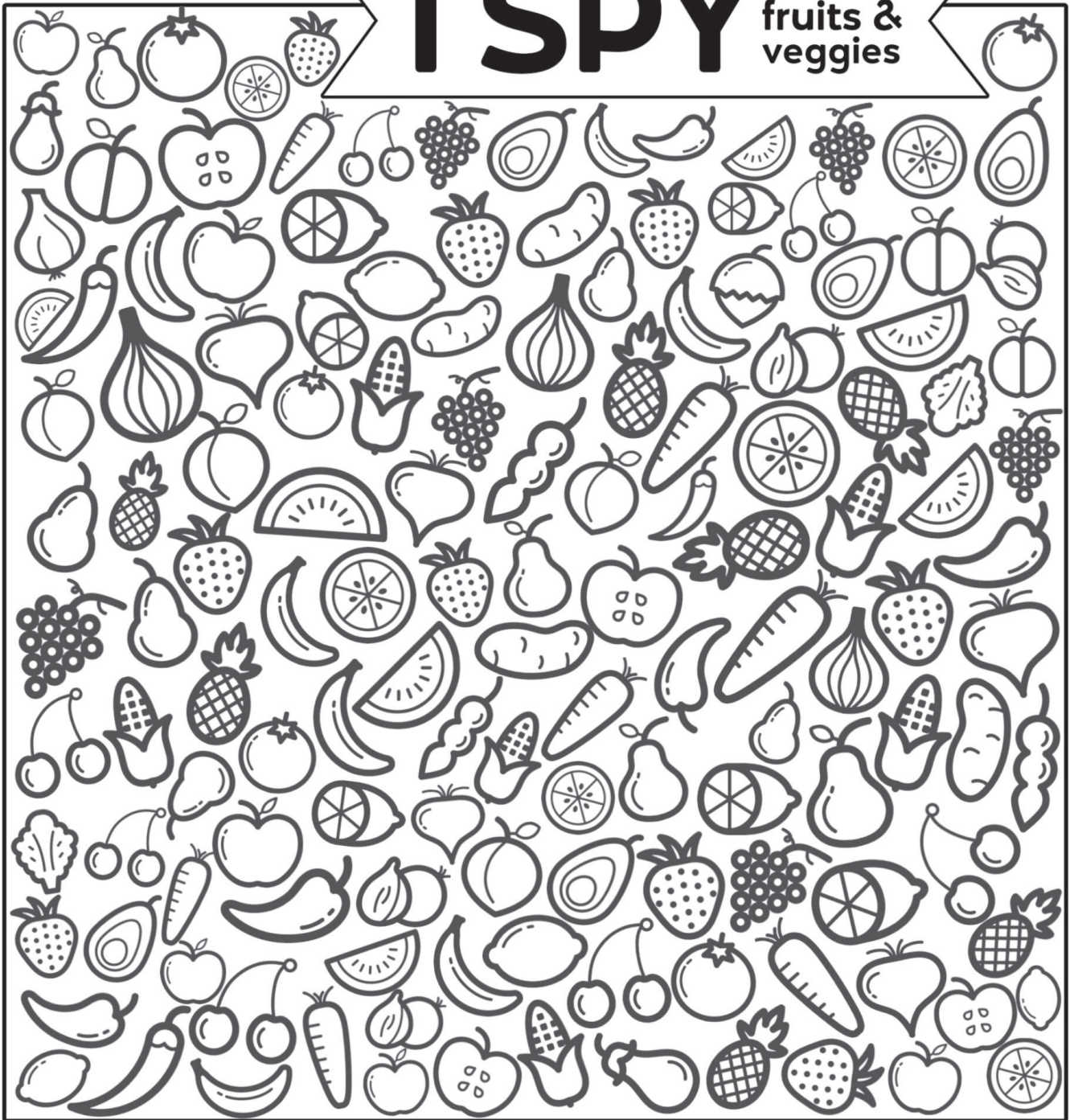
SUNDAY





Strive to eat 5 fruits and vegetables a day.

I SPY fruits & veggies



- | | | | | | | | | | | | | | | | | | | | |
|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |



Strive to play for 30 minutes 5 days a week.

OUTDOOR SCAVENGER HUNT

Gather up these items from around the house!



a stuffed animal



something that plays music



an item you use to bake



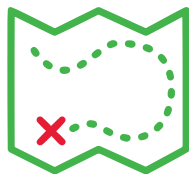
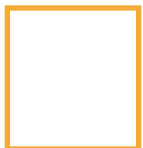
a book that has numbers



a picture of people you love



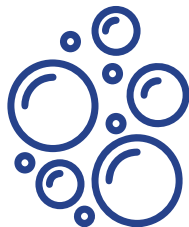
something round



something that has a map



something with wheels



something that makes bubbles



something that makes you happy



3 things that are yellow



something that starts with the first letter of your name

Don't forget to put them all away after the hunt is over!



Strive to sleep 7-8 hours 5 nights a week.

MY BEDTIME ROUTINE

Check the box if each item you complete each night.

Younger Kiddos

M T W TH F S S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Take a bath
- Put on my pajamas
- Brush my teeth
- Wash my hands and face
- Listen to a story
- Get a drink of water
- Use the potty
- Say my good nights or prayers
- Get tucked into bed with kisses and hugs

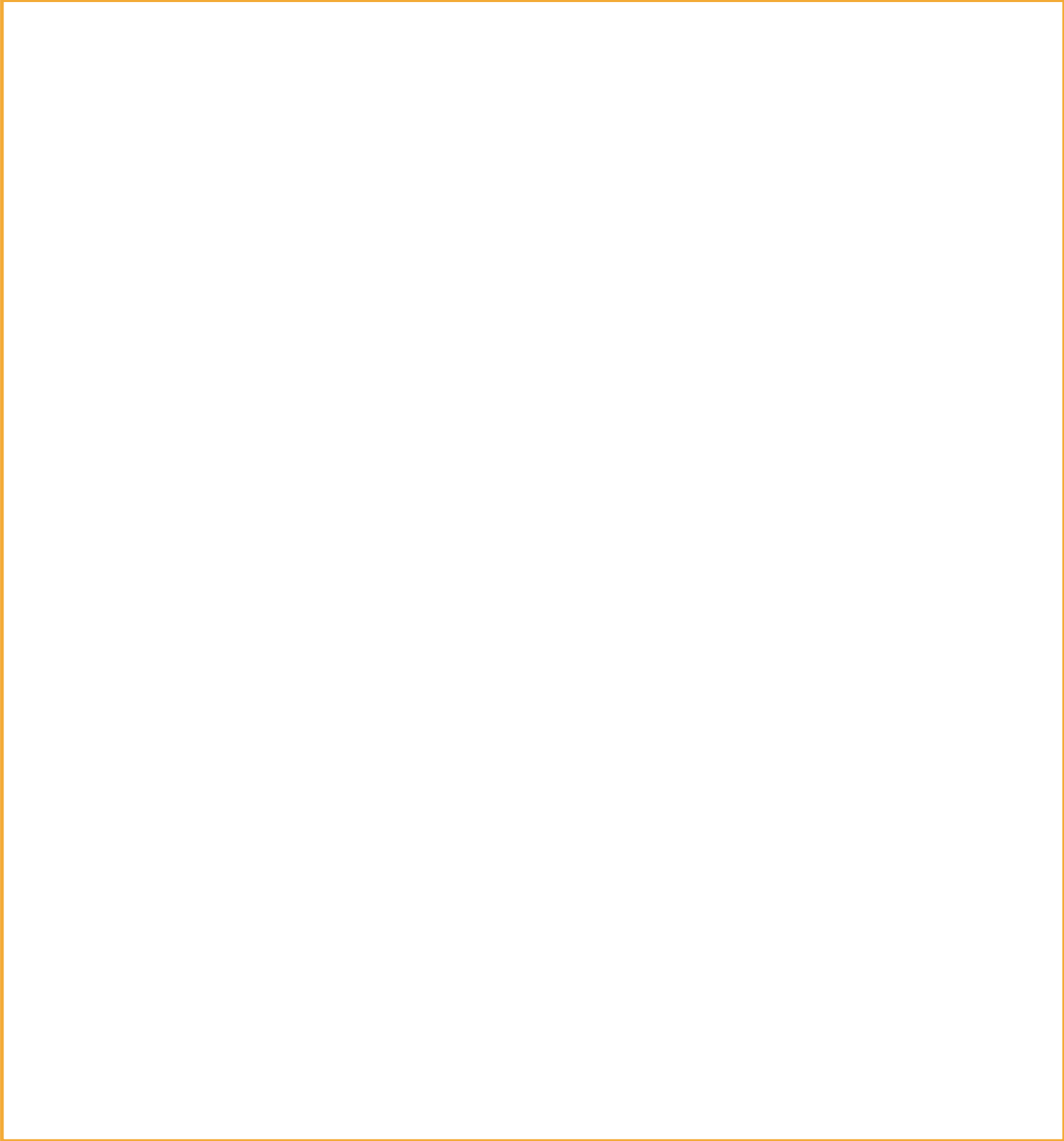
Older Kiddos

M T W TH F S S

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Have a snack
- Take a shower
- Put on my pajamas
- Comb my hair
- Brush and floss my teeth
- Lay out my clothes for tomorrow
- Read quietly in my room
- Say my good nights or prayers
- Lights out!

Draw a picture of yourself doing your favorite activity.



I love my _____ because _____.

Example: I love my eyes because they help me read books or I love my legs because they help me run fast.