MARCH

Rachel's Tip

IT IS IMPORTANT TO NOT SPEND TOO MUCH TIME ON DEVICES.

Instead, find ways to keep your body moving and your brain active! Staying active is an important step to help bodies to grow up to be strong and healthy!



2 HOURS OR LESS OF SCREEN TIME

Track Yourself

Outside of schoolwork, how many hours each day did you spend on screens such as phone, computer, video games, television, etc.? Write in your answers below.

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5

Activity Videos

CHECK IT OUT!

Check out our new 95210+YOU activity videos brought you by Theatre of Youth, Kevin McCarthy, Rolly Pollies WNY and Jeff Musial the Animal Guy!

Visit:

www.fitnessforkidschallenge.com /activityvideos

Try This...

ALPHABET FUN!

Can you think of an activity you can do other than screen time that begins with every letter of the alphabet? Try and do at least one a week for this month!



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit: www.FitnessForKidsChallenge.com

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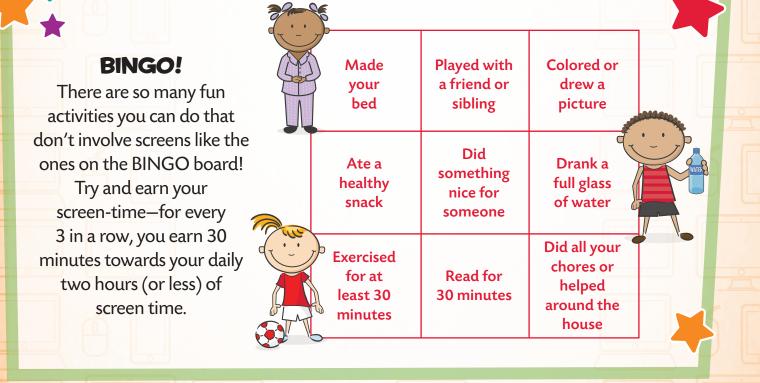
Challenge:

MARCH

UNSCRAMBLE THE WORDS!

Using the key at the top, unscramble the words below. Write the word in the green box. How are these words important to this month's goal?

screentime	active	exercise	imagination
estemicen	r		
eavti	c		- 6
namitigano	oi		
cierexs	e		
	imagination 4. exercise	ז. screentime ב. active 3.	





Name