

Activity Log (12 Sessions)

Name _____
 Homeroom Teacher & grade _____

Activity	Date	Minutes at least 30	Parent/Guardian Signature

More information on the back

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Fruit/Vegetable Log (12 Servings)

Fruit/Vegetable _____
 Date Eaten _____
 B L D _____
 Parent/Guardian Signature _____

Fruit/Vegetable	Date Eaten	B L D	Parent/Guardian Signature

More information on the back

Fruit/Vegetable Log (12 Servings)

Fruit/Vegetable _____
 Date Eaten _____
 B L D _____
 Parent/Guardian Signature _____

Fruit/Vegetable	Date Eaten	B L D	Parent/Guardian Signature

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Fruit/Vegetable Log (12 Servings)

Fruit/Vegetable _____
 Date Eaten _____
 B L D _____
 Parent/Guardian Signature _____

Fruit/Vegetable	Date Eaten	B L D	Parent/Guardian Signature

More information on the back

12 sessions and 12 servings=1 colored toe token
 24 sessions and 24 servings=2nd colored toe token
 36 sessions and 36 servings=1 glow in the dark toe token

To find out more information about this program go to the PE portion of the Tuckahoe Elementary School

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Activity Information

Activities should be done that equal to 30 minutes
A running race, run practice, outside running/biking with parents, soccer practice, tennis, swimming, softball, baseball, and hockey etc... 1 per day

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Fruit/Vegetable Information

-Only one serving per day earned
-B L D is for breakfast, lunch, dinner

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When card is full bring it in to PE and earn your toe token!

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I love fruits



I love fruits



I love fruits

