

November 2018



Grade _____ Teacher _____

Name _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Be Well Screen Time Swap = 1 point (Healthy Activity 30 min) Activity 1 - 1 point Activity 2 - 1 Point Maximum of 3 points per day!			1 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____		2 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____	3 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____
4 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____			5 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____		6 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____	7 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____
8 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____			9 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____		10 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____	11 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____
12 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____			13 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____		14 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____	15 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____
16 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____			17 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____		18 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____	19 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____
20 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____			21 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____		22 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____	23 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____
24 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____			25 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____		26 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____	27 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____
28 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____			29 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____		30 Screen Time Swap (Healthy Activity 30 min) Activity 1 _____ Activity 2 _____	

Youth Be Well!



Saunders
MEDICAL CENTER

Be Well.