Contest 1: Participate in physical activity at school

Supplies:

- Wall size poster that list Monday through Friday and a place to list children's name.
- Hang the poster in the classroom so children can see their progress throughout the week.
- Laminated posters can be marked with dry erase markers and the poster can be reused for all contests.

Directions:

- For every day the student participates in the physical activity at school, mark the Healthy Contests poster by their name and day of participation.
- Marks can be check marks, simile faces, letters, or pictures. At the end of the week, all students who participated in the Healthy Contests, receives a sticker.
- Track progress for 1 week.