## BLUE ZONES<sup>TM</sup> CHOLLENGE DY Allianz (1)

## Here's How it works:

- After Pre-Challenge Week, circle your weekly average for each activity.
- **2.** With a parent, circle your goals.
- **3.** Together, record how you plan to reach your goals.
- **4.** Sign the contract. You're on your way!
- **5.** After Week 3, circle your average for each activity.

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## key∫:

- ) = 1 serving. Aim for 5-9 servings/day
- = 15 minutues. Aim for 60 min/day
- 1 serving.
  Aim for 1 serving or less/day.
- = 15 minutes. Aim for 1 hour or less/day

I hereby accept the **Blue Zones Challenge** and will do all I can to live a longer, healthier life!

I promise to support my child in meeting the **Blue Zones Challenge!** 

Child's Name	Parent's Name		
I will reach my goals by:	I will support my child by:		
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I hereby promise to support my students in meeting the <b>Blue Zones Challenge!</b> Teacher's Name	© 2006 Quest Network, Inc., in cooperation with Minnesota Public Radio's Sound Learning and		