

GUIDELINES

FOR HEALTHY KIDS' SCORE CARD

Use the following guidelines to keep track of the progress on your FitQuest Kids' Club Score Cards. Once the following minimum guidelines are reached, bring your cards in to the Westerville Community Center to redeem your prize. On average, we hope for participants to reach the minimum guidelines within a four week period (four weekly charts) however, the charts do not have to be consecutive weeks and the minimum guidelines can be reached earlier than in a four week period. See what you can do!

Fruits and Vegetables

140 servings

Water

160 eight ounce glasses

Screen Time

Less than 140 hours

Physical Activity

20+ hours