

# Gracie® GAME DAY

## CHAPTER 2: HEALTH

To love yourself is to take control of your health. The greatest gift you can give your family and the world is a healthy you.

STUDENT NAME:

PARENT SIGNATURE:

TOTAL POINTS:

TOTAL BONUS POINTS:

**YOUR AGE X 100 = MINIMUM POINTS REQUIRED TO QUALIFY FOR GRACIE GAME DAY!**

### Physical Health

- Do 10 push-ups or 20 squats during a commercial break.
- Practice your techniques at home for 5 minutes.

### Mental Health

- Read at least 10 pages in a book.
- Learn a new word and use it in a sentence.

### Nutrition

- Try a new health food every chance you get.
- Eat or drink something healthy instead of soda or junk food.
- Say "No thank you" when offered junk food or soda.

### Hygiene

- Wash your hands before you eat and after you use the restroom.
- Take a shower and brush your teeth everyday.

### Service

- Teach an adult about health.
- Teach a child about health.

Each checked Gracie Triangle is worth 10 Game Day Points

Score **'YOUR AGE X 100'** Points to qualify for Gracie Game Day

**Bonus Points** = All points beyond your age points!

### HOW TO EARN GAME DAY POINTS:

**10 Points** will be awarded to you if **someone has to tell you** to do it!

**20 Points** if you do something good **without being told!**

## GRAND PRIZE

### SPECIAL PRIZE AT GRACIE GAME DAY!

Any points you score beyond the minimum qualification amount (Your Age X 100 Points) are considered

**Bonus Points**. If you score the most Bonus

Points in the class, you will be

**recognized in front of the**

**entire group and qualify**

**for a special prize**

**at Gracie Game**

**Day!**

GRACIE  
GAME  
DAY

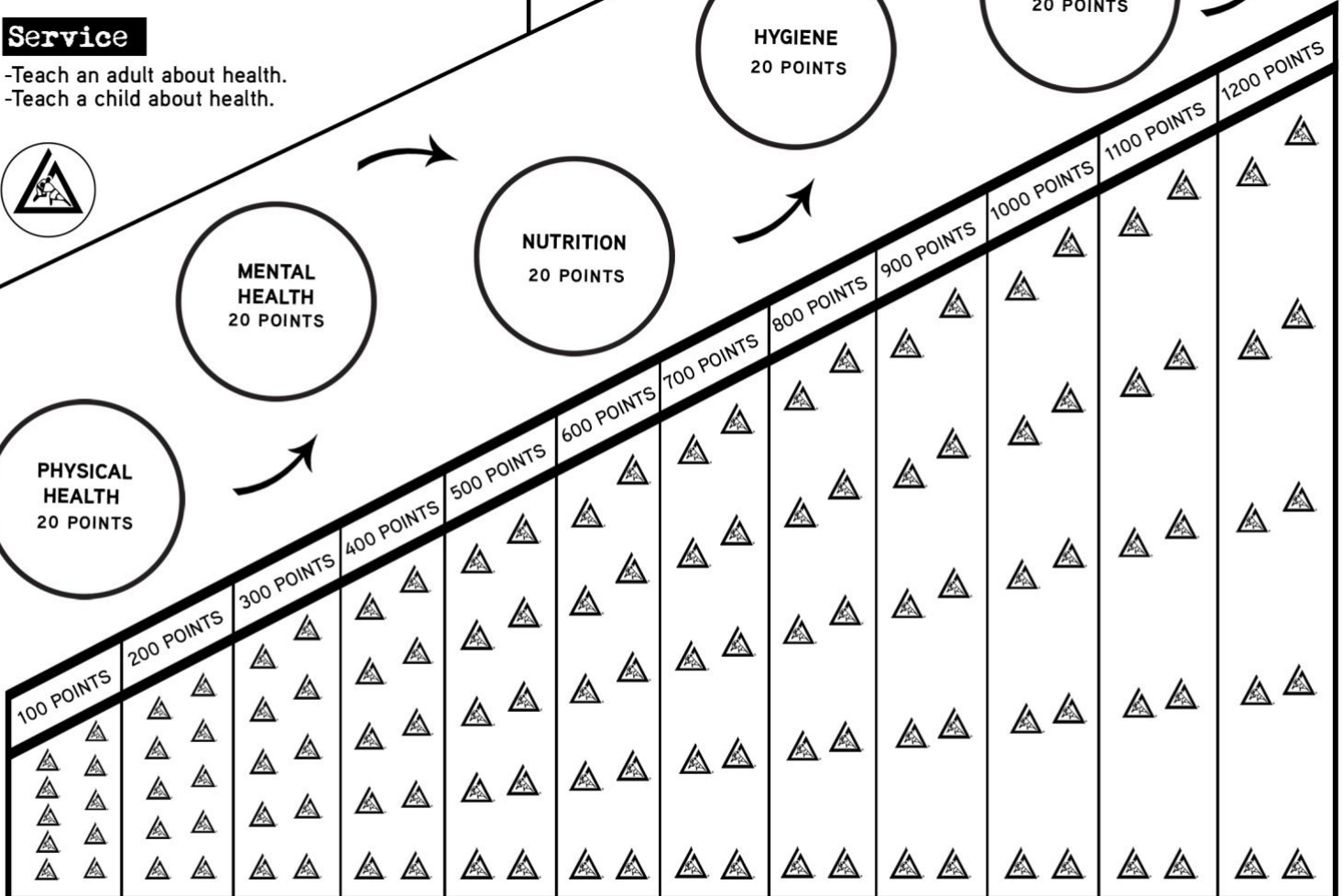
SERVICE  
20 POINTS

HYGIENE  
20 POINTS

NUTRITION  
20 POINTS

MENTAL  
HEALTH  
20 POINTS

PHYSICAL  
HEALTH  
20 POINTS



Please continue tracking on a separate sheet of paper.