

Healthy Family Challenge...

be the healthy star of the week!

Every day mark your progress against each of the five challenge areas.

Add up your scores at the end of the week. Who's the winner?!

Family Members

Choose your colour and write your name in the box.



Name

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Play Outside

Did you spend time playing / being active outdoors, for at least 30 minutes?



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Screen-Time

Did you spend less time on your phone, computer or TV and more time with your family?



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Fruits & Vegetables

Did you eat five portions of fruits and vegetables or more every day?



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Sleep

Did you have a good night's sleep? (7-12 hours depending on age).



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Healthy Drinks

Did you avoid sugary drinks? (Children under 5 should drink milk and water only).



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Time to add up!

Count up the score and note everyone's total below.



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THIS WEEK'S WINNER

Her Teulu Iachus...

i fod yn seren iachus yr wythnos!

Marcia dy gynnydd yn ddyddiol yn erbyn bob un o'r pum maes her.

Yna adio dy sgôr ar ddiwedd yr wythnos. Pwy fydd yr enillydd?!

Aelodau'r Teulu

Dewisa liw ac ysgrifenna dy enw yn y boc.



Enw

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Chwarae Allan

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Amser Sgrin

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Ffrwythau a Llysiau

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Cwsg

Wnes di gysgu'n dda? (7 - 12 awr o gwsg yn ddibynol ar oedran).



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Diodydd Iach

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Amser adio fyny!

Cyfrifa y sgôr a nodi cyfanswm pawb isod.



Cyfanswm

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