Student First & Last Name:			Student First & Last Name:		
Homeroom: Grade: 5th 6th 7th 8th			Homeroom: Grade: 5th 6th 7th 8th		
TJMS Winter Wellness Challenge:			TJMS Winter Wellness Challenge:		
The Jaguar Journey Around the World			The Jaguar Journey Around the World		
Wellness Category	Check-off	Miles	Wellness Category	Check-off	Miles
Minutes of Exercise	30 min = 1 mile	7	Minutes of Exercise	30 min = 1 mile	7
Add an extra mile for ever	y extra 30 min=		Add an extra mile for every	extra 30 min=	
Steps (Smart watch)	10,000 steps = 1 mile	7	Steps (Smart watch)	10,000 steps = 1 mile	7
Add mile for every extra 2000 steps after…			Add mile for every extra 2000 steps after…		
Water (8 cups)	0000000	7	Water (8 cups)	0000000	7
	Bed time:	7		Bed time:	7
Sleep (8 hours)	Wake time:	,	Sleep (8 hours)	Wake time:	,
3 Veggies	000	7	3 Veggies	000	7
2 Fruits	00	7	2 Fruits	00	1
Bonus Class Activities	Teacher:		Bonus Class Activities	Teacher:	
Mindfulness/Breathing		1	Mindfulness/Breathing		1
Wellness Walkway		7	Wellness Walkway		7
Healthy Snack-Fruit/Veggic/yogurt		7	Healthy Snack-Fruit/Veggie/yogurt		7
Add up your miles here		Total:			Total:
Date:			Date:		
T			Т		
Student First & Last Name:			Student First & Last Name:		
Homeroom: Grade: 5th 6th 7th 8th			Homeroom: Grade: 5th 6th 7th 8th		
TJMS Winter Wellness Challenge:			TJMS Winter Wellness Challenge:		
The Jaguar Journey Around the World			The Jaguar Journey Around the World		
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Add mile for every extra 2000 steps after…			Add mile for every extra 2000 steps after…		
Water (8 cups)	0000000	7	Water (8 cups)	0000000	7
	Bed time:	7		Bed time:	7
Sleep (8 hours)	Wake time:	,	Sleep (8 hours)	Wake time:	
3 Veggies	000	7	3 Veggies	000	7
2 Fruits	00	7	2 Fruits	00	7
Bonus Class Activities	Teacher:		Bonus Class Activities	Teacher:	
Mindfulness/Breathing		7	Mindfulness/Breathing		7
Wellness Walkway		7	Wellness Walkway		7
Healthy Snack-Fruit/Veggie/yogurt		1	Healthy Snack-Fruit/Veggie/yogurt		7
Add up your miles here		Total:	' '		Total:
Date:			Date:		

MY CHILD COMPLETED THE CHECKED OFF WELLNESS CHALLENGES.

This form is filled out accurately to the best of my knowledge.

Parent/adult signature:

Date:



Note: You can log Steps OR Time, not both. To count steps you must have a pedometer or smart device that is worn to track steps.

MY CHILD COMPLETED THE CHECKED OFF WELLNESS CHALLENGES.

This form is filled out accurately to the best of my knowledge.

Parent/adult signature:

Date:



Note: You can log Steps OR Time, not both. To count steps you must have a pedometer or smart device that is worn to track steps.

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