

Activate your Shield with the Super Grew Tracker!

Follow these daily tips to think, feel and look your best!

Color in a shield each time you achieve your daily goal!



DAY 1 Eat a green fruit, vegetable, or herb today.



DAY 2 Take your parent or grown-up on a 20-minute walk.



DAY 3 Add fresh lemon or sliced fruit to ice water.



DAY 4 Try a new type of bean.



DAY 5 Eat a red, plantbased food like raspberries. red rice, or red beans.

Good job! As you reach a new day, be sure to keep up with what you learned the day before.



DAY 6

Do jumping iacks during TV commercials.



Read a food label with a parent or grown-up.



DAY 8

Freeze some grapes for your dessert today.



Eat a white, nonstarchy, plantbased food today like onion, white beans, or tofu.



DAY 10

Add a salad to your meal.



DAY 11

Dance for 20 minutes to your favorite tunes.



DAY 12

Eat one veggie for dinner tonight.

You're on your way! These small changes every day really add up to help you live a healthier life.



DAY 13

Eat a yellow, plant-based food like quinoa, pineapple, or melon.



DAY 14

Swap white pasta for 100% whole grain.



DAY 15

D05 - 10minutes of stretching exercises.



DAY 16

Eat a purple fruit or vegetable today like plums or eggplant.



DAY 17

Try a new vegetable you've never had before.



DAY 18

Play an active game at the park.



DAY 19

Trv a new whole grain like barley.

Keep it up! Are you feeling like any of these are becoming habits yet?



DAY 20

Make a smoothie with any color fruit or vegetable.



DAY 21

Try a nut you've never had before.



DAY 22

Make today a "no-screen" day (no tv. phone, computer, etc.).



DAY 23

Enjoy airpopped popcorn as a wholegrain snack.



DAY 24

Eat a brown. plant-based food today like brown rice, oatmeal, or cinnamon.



DAY 25

Drink a glass of water with your meals.



www.aicr.org/healthykids

DAY 26

Skip hard with a jump rope for 15 minutes.

You're doing great! Remember, these are activities to help change your life.



DAY 27

Help a parent or grown-up make a meatless dinner.

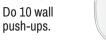


DAY 28

Eat an orange food at breakfast.



DAY 29





DAY 30

Make a healthy recipe with a parent or grown-up.



Every time you eat a color the Super Crew recommends, color in the correct shield.



Summer Shield Goal Setting with the Super Grew Create goals using each of the 6 toolkits for 6 weeks of summer. Color in your shield when you reach your weekly goal.



Week 1 (tool kit 1)

Example, this week I will:

Shop for the ingredients for the bean and veggie enchiladas and make it as a family. Your goal:

Week 4 (tool kit 4)

Example, this week I will:

Track the exercises that are good for my heart, muscles and bones on the activity tracker.

Your goal:





Week 2 (tool kit 2)

Example, this week I will:

Try a new kind of whole-grain like buckwheat soba noodles or quinoa linguine.

Your goal:

Try making homemade granola with half the sugar! -Kira



Example, this week I will:

Help my family make lunch or dinner.

Your goal:



Week 3 (tool kit 3)

Example, this week I will:

Eat beans in my lunch or dinner 2 days this week.

Your goal:



Week 6 (tool kit 6)

Example, this week I will:

Try to add a vegetable to my favorite dish, like adding peas, salsa or buttemut squash to my mac-n-cheese.

Your goal:

