### DAY 5
Eat a red, plant-based food like raspberries, red rice, or red beans.

### 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 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 6
Do jumping jacks during TV commercials.

### DAY 7
Read a food label with a parent or grown-up.

### DAY 8
Freeze some grapes for your dessert today.

### DAY 9
Eat a white, non-starchy, plant-based 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.

### DAY 13
Eat a yellow, plant-based food like quinoa, pineapple, or melon.

### DAY 14
Swap white pasta for 100% whole grain.

### DAY 15
Do 5 – 10 minutes 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
Try a new whole grain like barley.

### 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 air-popped popcorn as a whole-grain 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.

### DAY 26
Skip hard with a jump rope for 15 minutes.

### DAY 27
Help a parent or grown-up make a meatless dinner.

### DAY 28
Eat an orange food at breakfast.

### DAY 29
Do 10 wall push-ups.

### DAY 30
Make a healthy recipe with a parent or grown-up.

---

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

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

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

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

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

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### Summer Shield Goal Setting with the Super Crew

Create goals using each of the 6 toolkits for 6 weeks of summer. Color in your shield when you reach your weekly goal.

<table>
<thead>
<tr>
<th>Week 1 (tool kit 1)</th>
<th>Week 4 (tool kit 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example, this week I will:</strong> Shop for the ingredients for the bean and veggie enchiladas and make it as a family. <strong>Your goal:</strong></td>
<td><strong>Example, this week I will:</strong> Track the exercises that are good for my heart, muscles and bones on the activity tracker. <strong>Your goal:</strong></td>
</tr>
</tbody>
</table>

**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:**

**Week 5 (tool kit 5)**

**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 butternut squash to my mac-n-cheese. **Your goal:**

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**What's your record for non-stop jump rope?**

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**What's your record for non-stop jump rope?**

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**www.aicr.org/healthykids**