CDPH
California Department of PublicHealth

Champions for Change—Children's Power Play! Camp

Power Up Your Summer!

PLAY! Tracker

POWER PLAY

Eat Healthy. Be Active. Have Fun!

NAME _____

Power Up Your Summer!
Get at least 60 Minutes of PLAY! Every Day!

- Summer is here and it's time to get your PLAY! on. You should get at least 60 minutes of active PLAY! every day. You can add up the different things you do during the day. Try to be active for at least 10 minutes at a time.
- Track your summer PLAY! minutes every day to earn a *Power Play!* prize at the end of the summer. Flip to the back page to learn how.
- What kinds of PLAY! should you be tracking in your PLAY! Tracker?

  PLAY! is a game, sport, exercise, or other action that involves moving your body, especially one that makes your heart beat faster. Your heart is a muscle—the more you work it, the stronger it'll get.
- My goal is to PLAY! for at least _____ minutes a day at least _____ days each week

Summer Goal Calculator

_____ minutes a day X _____ days a week = _____ minutes a week

X _____ weeks

My goal is _____ total minutes

for the Power Up Your Summer PLAY! Challenge.

Week 1 _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Week 1 Total**
Number of Minutes								

Week 2 _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Week 2 Total**
Number of Minutes								

PLAY! Tip

What's your favorite way to play? There are all kinds of fun things that can get your heart beating faster. Try playing sports, dancing, walking, bicycling, playing tag, skating, jumping rope, or hula hooping.

Snack Tip

Get more power to play by eating fruit and vegetable snacks! Healthy food fuels your body and gives you the energy to play. Kids in elementary school should eat 2½-5 cups of fruits and vegetables every day.

Week 3 _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Week 3 Total**
Number of Minutes								

Week 4 _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Week 4 Total**
Number of Minutes								

PLAY! Tip

Get your wheels in motion. Dust off your bike, skates, or skateboard and get your body moving. Don't forget to wear your helmet, knee pads, and wrist guards.

Snack Tip

When you play hard, it's important to get plenty of water. Drinking water is one way to stay hydrated. But, did you know that fruits and vegetables have water, too? Try cantaloupe, strawberries, watermelon, cucumbers, lettuce, zucchini, tomatoes, and other juicy fruits and vegetables.

Week 5 _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Week 5 Total**
Number of Minutes								

Week 6 _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Week 6 Total**
Number of Minutes								

PLAY! Tip

Why play? Active play can help keep you healthy, build bones and muscles, give you more energy, help you keep a healthy weight, and help you relax. All that and it's fun, too!

Snack Tip

Fruits and vegetables have important vitamins like vitamin A and vitamin C that help your body grow and stay strong. Vitamin A can help your eyesight and skin and can keep you from getting sick. Vitamin C helps heal cuts and is good for your bones, teeth, skin, and may help you from getting sick.

Week 7 _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Week 7 Total**
Number of Minutes								

Week 8 _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Week 8 Total**
Number of Minutes								

PLAY! Tip

Stuck inside? Talk with your parents about things you can do inside to stay active. Try dancing, climbing stairs, or doing strength exercises like push-ups, lunges, and crunches. If there's enough room, you might even be able to jump rope or hula hoop or why not make up an active game with your friends.

Snack Tip

Summer is a great time to try new fruits and vegetables. Go to the store or farmers' market with your family and try something new or stock up on your favorites.

Week 9 _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Week 9 Total**
Number of Minutes								

Week 10 _____ to _____

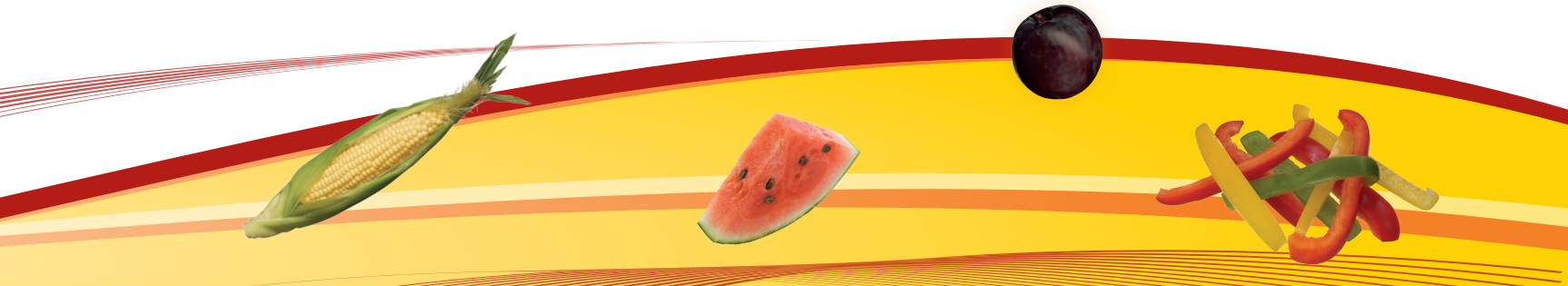
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	**Week 10 Total**
Number of Minutes								

PLAY! Tip

Keep your feet moving. Take a walk to your friend's house, around your neighborhood, or even in the mall. Offer to take your dog or your neighbor's dog for a walk. Make sure it's safe to walk and that you ask your parents for permission.

Snack Tip

Treat yourself to a cool, fruity frozen treat. Pour 100% fruit juice into an ice cube tray and put it in the freezer. You can even add small berries or pineapple chunks. Make a handle by putting a toothpick into each cube just as the juice starts to freeze.



Congratulations!

You finished the Power Up Your Summer! PLAY! Challenge. Complete this form, then cut on the dotted line. Turn the form in to your program leader to get your *Power Play!* prize.

First Name: _____ Age: _____

City: _____

Youth Organization: _____

_____

Parent/Guardian Signature: _____

HOW DID YOU DO?

My goal was _____ minutes.

I got _____ minutes of PLAY! this summer.

What did you do to power up your summer with PLAY!?

_____

_____

How do you feel after your summer of PLAY!?

_____

_____

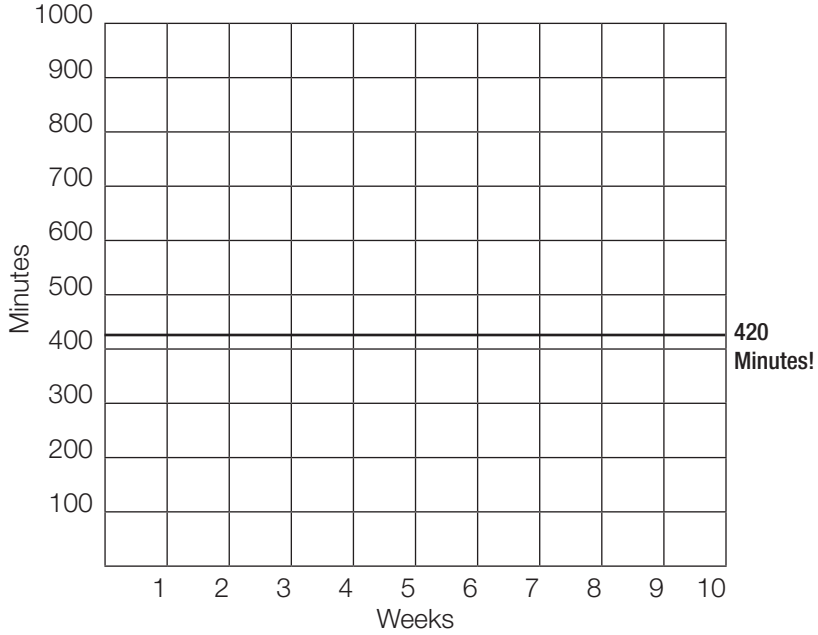
What would you tell other kids who are thinking of adding more PLAY! to their days?

_____

_____

Graph Your Progress

At the end of each week, put a dot on the graph to show how many minutes of PLAY! you got. Draw a line connecting the dots for each week. Does your line go up every week? Are you meeting your goal?



Kids should get a least 60 minutes of PLAY! every day. That's 420 minutes a week. Is your mark above or below this line? If it's below, keep working until you reach the 420 minutes mark!"

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.
Visit www.CaChampionsForChange.net for healthy tips.

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