



FIRST & GOAL!



How to Score a Touchdown for a Healthy Life



FIRST & GOAL 3-WEEK

FITNESS CHALLENGE

Saturday

Down	Goal	Points	Yes or No	Total Points
1st Down	Eat Healthy	7 pts		
2nd Down	Drink Water	6 pts		
3rd Down	Proper Rest	6 pts		
4th Down	Physically Active	7 pts		
	Total pts needed:	13		

Sunday

Down	Goal	Points	Yes or No	Total Points
1st Down	Eat Healthy	7 pts		
2nd Down	Drink Water	6 pts		
3rd Down	Proper Rest	6 pts		
4th Down	Physically Active	7 pts		
	Total pts needed:	13		

Monday

Down	Goal	Points	Yes or No	Total Points
1st Down	Eat Healthy	7 pts		
2nd Down	Drink Water	6 pts		
3rd Down	Proper Rest	6 pts		
4th Down	Physically Active	7 pts		
	Total pts needed:	20		

Tuesday

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4th Down	Physically Active	7 pts		
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Wednesday

Down	Goal	Points	Yes or No	Total Points
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Thursday

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Parent Signature _____

Student Signature _____

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FIRST AND GOAL PLEDGE

I promise the Chicago Bears and Staley to follow the 4 downs of First and Goal daily.
To the best of my ability and power, everyday I will be physically active for about an hour.
I promise to drink water and eat healthy, so that my body and mind will become wealthy.
At night I will follow the 3rd down, and I will wake up with a smile and not a frown!
It's First and Goal for me, right here and now, and for the rest of my life
I'll score a healthy touchdown!

Staley

  @TheRealStaley

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to contests, events, discounts and more!

ChicagoBears.com/KidsClub

