

CHEW

**SPEND SMART,
EAT SMART.**

VIEW

DO

SPRING BREAK SPRINT!

HOW MANY LAPS CAN
YOU MAKE THIS WEEK?

WHILE WE ARE ON
BREAK IT IS IMPORTANT
TO KEEP IN MIND WHAT
WE DO, VIEW, AND
CHEW!



SPRING BREAK SPRINT!

Make as many laps as you can around
each switch activity!

As you complete each of the activities check off each
accomplishment and note how you completed them!

For Do, let's move more by getting outside:

- Jump rope or play a game outside: _____
- Draw with chalk on sidewalk: _____
- Go for a bike ride or on a walk somewhere: _____

For VIEW, let's turn off the TV and try other
activities:

- Read a book: _____
- Do a puzzle or play a board game: _____
- Listen to music or dance around: _____

For CHEW, let's boost our consumption of fruits and
vegetables:

- Try a Spend Smart. Eat Smart. recipe:
 - <https://spendsmart.extension.iastate.edu/>
- Try a new Fruit or Vegetable: _____
- Make a Healthy Snack: _____