FREE

2021 Keiki RAINBOW Wellness Challenge

Challenge Scorecard

Activity	✓
1. Run, bike, or swim	◯
2. Walk or hike with family	◯
3. Do strength exercises	◯
4. Pick your own exercise	◯
5. Dance or engage in active play	◯
6. Do stretch exercises, like yoga	◯
7. Drink 5 glasses of water daily	◯
8. Limit soda and sugary beverages	◯
9. Eat 3-5 fruits and vegetables daily	◯
10. Try a new fruit or vegetable	◯
11. Sleep at least 8 hours daily	◯
Total Score	

Complete 7 of the 11 scorecard activities to earn a small gift and help your school earn funds for P.E. and nutrition programs!

Families are encouraged to complete the challenge together and include these healthy habits all year round.

_____
Student Name

_____
School

_____ _____
Teacher *Grade*

How many total family members participated in the Challenge? _____

***I PLEDGE** to lead a healthy and fit lifestyle through a nutritious diet of fruits and vegetables, regular physical activity, and minimal sugary drinks!*

_____ _____
Student Signature *Date*

_____ _____
Parent/Guardian Signature *Date*

Waiver & Release - I AGREE to follow the Keiki Rainbow Wellness Challenge rules and safely guidelines (available at keikichallenge.org). I UNDERSTAND that participating in this activity is potentially hazardous. I am aware of, and EXPRESSLY ASSUME, all inherent risks associated with participating in this activity. IN CONSIDERATION of your accepting this form, I hereby waive and release, for myself and my heirs and assigns, any and all claims for injuries and damages I may have against the Kaho'omiki and its affiliates, the Sponsors and Partners, their representatives and successors, caused by the negligence of any of them arising out of my participation in this activity. Parent/guardian consent is indicated by a signature above.

Enter to win prizes!
Submit challenge photos online

Find challenge tips and ideas at:
KeikiChallenge.org

#KeikiChallenge **@KeikiRainbowRun**

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