



FREE

Challenge Scorecard

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

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.

#KeikiChallenge @KeikiRainbowRun



Enter to win prizes!
Submit challenge photos online



Find challenge tips and ideas at:
KeikiChallenge.org



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Upload completed Challenge Scorecard at **www.keikichallenge.org** to receive your face mask