



Tracking Bone Health

Are you feeding your bones enough calcium and vitamin D to grow strong? Are you working your bones enough to be healthy?

Let's find out!

Track the foods you eat with calcium and how much physical activity you get every day this week on this chart. Then put your entries into the box on Friday, and we'll draw a winner. Everyone gets a prize for participating, and the chosen entry wins the grand prize! Good luck!

Sample Contest Form

Name: *Katie Walker*

Homeroom Teacher: *Mrs. Jones*

	Monday	Tuesday	Wednesday	Thursday	Friday
Today, I ate these foods with calcium...	<i>Yogurt, Cheese pizza, 2 glasses of milk, broccoli with cheese</i>				
I did these activities	<i>Walked my dog, had soccer practice</i>				
I did this many minutes of physical activity today...	<i>1 hour, 15 minutes</i>				



Contest Form



Name:

Homeroom Teacher:

	Monday	Tuesday	Wednesday	Thursday	Friday
Today, I ate these foods with calcium...					
I did these activities					
I did this many minutes of physical activity today...					