

21-Day Challenge



Step 1: Please register for the 21-Day challenge at www.kids-teaching-kids.com



Step 2: Each day create a healthy snack from either your *book or the "healthy snack finder" at www.kids-teaching-kids.com for 21 straight days.
Note: Using the "healthy snack finder" simply type in two ingredients you have at home (one of them must be a fruit or veggie) and pick which healthy snack you would like to make.

*You can download the book for free on the website.



Step 3: Track using the log table you download when you register and after 21 days turn in your "tracking log" to your P.E. teacher or group leader.



Step 4: Step 4: No earlier than one month after completing the challenge, please go online with your parents and click on "Survey" and fill out 4 simple questions at www.kids-teaching-kids.com.