

Student First & Last Name: \_\_\_\_\_  
 Homeroom: \_\_\_\_\_ Grade: 5th 6th 7th 8th

**TJMS Winter Wellness Challenge:**  
 The Jaguar Journey Around the World

Wellness Category	Check-off	Miles
Minutes of Exercise	30 min = 1 mile	1
Add an extra mile for every extra 30 min=		
Steps (Smart watch)	10,000 steps = 1 mile	1
Add mile for every extra 2000 steps after...		
Water (8 cups)	○ ○ ○ ○ ○ ○ ○ ○ ○ ○	1
Sleep (8 hours)	Bed time: Wake time:	1
3 Veggies	○ ○ ○	1
2 Fruits	○ ○	1
<b>Bonus Class Activities</b>	Teacher:	
Mindfulness/Breathing		1
Wellness Walkway		1
Healthy Snack-Fruit/Veggie/yogurt		1
Add up your miles here.....→		Total:
Date: _____		

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MY CHILD COMPLETED THE CHECKED OFF WELLNESS CHALLENGES.

This form is filled out accurately to the best of my knowledge.

PARENT/ADULT SIGNATURE:

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DATE:



**Note:** You can log Steps OR Time, not both. To count steps you must have a pedometer or smart device that is worn to track steps.

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