



Nutrition Challenge: Week 10, Day 20

Final Mile Run this Saturday May, 2, 2015.

Add pasta or rice to your meals on Thursday and Friday.

Drink 2-3 extra glasses of water, juice or milk every day until May 2nd.



- Did you know that a person can survive without food for more than 30 days, but less than a week without water.
- Did you know being dehydrated can sap your energy and make you feel tired -- even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated -- and this can lead to fatigue.

I MET MY NUTRITION GOAL FOR WEEK 10!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness



Nutrition Challenge: Week 10, Day 20

Final Mile Run this Saturday May, 2, 2015.

Add pasta or rice to your meals on Thursday and Friday.

Drink 2-3 extra glasses of water, juice or milk every day until May 2nd.



- Did you know that a person can survive without food for more than 30 days, but less than a week without water.
- Did you know being dehydrated can sap your energy and make you feel tired -- even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated -- and this can lead to fatigue.

I MET MY NUTRITION GOAL FOR WEEK 10!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness



Nutrition Challenge: Week 10, Day 20

Final Mile Run this Saturday May, 2, 2015.

Add pasta or rice to your meals on Thursday and Friday.

Drink 2-3 extra glasses of water, juice or milk every day until May 2nd.



- Did you know that a person can survive without food for more than 30 days, but less than a week without water.
- Did you know being dehydrated can sap your energy and make you feel tired -- even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated -- and this can lead to fatigue.

I MET MY NUTRITION GOAL FOR WEEK 10!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness



Nutrition Challenge: Week 10, Day 20

Final Mile Run this Saturday May, 2, 2015.

Add pasta or rice to your meals on Thursday and Friday.

Drink 2-3 extra glasses of water, juice or milk every day until May 2nd.



- Did you know that a person can survive without food for more than 30 days, but less than a week without water.
- Did you know being dehydrated can sap your energy and make you feel tired -- even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated -- and this can lead to fatigue.

I MET MY NUTRITION GOAL FOR WEEK 10!

Student Signature _____ Parent Signature _____

Inspire Kids to Fitness