

Moanalua Elementary School - Challenge Period: **May 1st – 7th, 2022**

Return completed form to your teacher by **Tuesday May 10th**



Keiki Rainbow Wellness Challenge is a FREE, week-long activity for Hawai'i students (preschool to 6th grade) on all islands. Students and their families will challenge themselves to complete at least 10 scorecard activities to earn a fitness headband. The scorecard includes 12 healthy behaviors that families can incorporate all year round. Moanalua Elementary School will participate in the Wellness Challenge from May 1st through May 7th.

Students, please check off completed activities, sign the pledge, and return the Challenge scorecard to your teacher or the office by May 10th. If you have any questions, please e-mail healthandfitness@moanalupto.org.

Visit www.keikichallenge.org to find Challenge tips and ideas; Additional family members can also download a Challenge scorecard online. Submit photos of your family completing the Challenge for a chance to win a variety of great prizes!

This event is hosted by a coalition of partners including Hawai'i Afterschool Alliance, Blue Zones Project, the Hawai'i Association for Health, Physical Education, Recreation and Dance, Hawai'i 5210, UH College of Education, Hawai'i Public Health Institute, Healthy Eating Active Living, and Kaho'omiki, with support from the Hawai'i State Department of Education and the Hawai'i State Department of Health's Start Living Healthy at School campaign.

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Challenge Scorecard

FREE

Complete 10 of the 12 scorecard activities to earn a fitness prize!

Families can complete the challenge together and enjoy these healthy habits all year round.

	Activity	✓
Fitness, Flexibility & Strength <small>Aim for 60 minutes per day</small>	1. MOVE Walk to school, run, bike, swim, skateboard, or play sports.	<input type="checkbox"/>
	2. EXPLORE Go outdoors to hike, surf, or paddle. Visit a park or the beach.	<input type="checkbox"/>
	3. PLAY Play tag, dance, or climb at a playground.	<input type="checkbox"/>
	4. STRETCH Reach up, reach down, twist, lunge and squat. Give yoga a try.	<input type="checkbox"/>
	5. MUSCLE UP Strengthen muscles by doing push-ups, skipping, and jumping.	<input type="checkbox"/>
	6. BALANCE Stand on one foot and hop or hold it for 30 seconds and switch.	<input type="checkbox"/>
Nutrition	7. HYDRATE Drink water instead of soda and other sugary beverages.	<input type="checkbox"/>
	8. EAT Enjoy 3-5 servings of fresh fruits and veggies a day.	<input type="checkbox"/>
	9. LEARN Learn to make a healthy snack. Cook with family and friends.	<input type="checkbox"/>
Wellness	10. SLEEP Get at least 8 hours of sleep every night.	<input type="checkbox"/>
	11. CALM Practice mindfulness. Draw or paint. Play music.	<input type="checkbox"/>
	12. CONNECT Spend time with family and friends. Do a good deed for others.	<input type="checkbox"/>
Total Activities Completed		<input type="checkbox"/>
How many family members participated in the Challenge?		<input type="checkbox"/>

Student Name _____

School _____

Teacher _____ Grade _____

I PLEDGE to live 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 safety 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 Kahoʻoʻmāki 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.



Find challenge tips and enter to win prizes at **KeikiChallenge.org**

#KeikiChallenge @KeikiRainbowRun



Don't Wait, Vaccinate!

Students and family members ages 5 and up are eligible for **FREE COVID-19** vaccinations regardless of health insurance status.

Learn more at [HICOID19.com](https://www.hicovid19.com)

