

### Healthy Choice Tickets

Bring your completed tickets to school on Tues., Wed., Thurs. & Fri. to be entered in a drawing for exciting prizes!

Possible examples include:

I made a Healthy Choice for my body and mind. Today, I chose to \_\_\_\_\_ have an apple for snack \_\_\_\_\_ instead of \_\_\_\_\_ chips \_\_\_\_\_.

I made a Healthy Choice for my body and mind. Today, I chose to read my library book, or played basketball instead of watching TV or playing with my DS.

Cut here -----

(Bring to the school office on Tuesday, May 9<sup>th</sup>)  
I made a Healthy Choice for my body and mind. Today, I chose to:

\_\_\_\_\_ instead of \_\_\_\_\_.

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

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(Bring to the school office on Wednesday, May 10<sup>th</sup>)  
I made a Healthy Choice for my body and mind. Today, I chose to:

\_\_\_\_\_ instead of \_\_\_\_\_.

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

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I made a Healthy Choice for my body and mind. Today, I chose to:

\_\_\_\_\_ instead of \_\_\_\_\_.

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

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(Bring to the school office on Friday, May 12<sup>th</sup>)  
I made a Healthy Choice for my body and mind. Today, I chose to:

\_\_\_\_\_ instead of \_\_\_\_\_.

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

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