

Fitness Challenge Point List - Ages 3-12

Fitness	Points	Food	Points.	Spiritual (all validated by Kid's Squad)	Points..
Nature Sabbath (2 total) <i>(Kids Squad Leader Signature required)</i>	10/per	Meatless Monday <i>(parent signiture required on tracker)</i>	10 per Monday	Attend Sabbath School (<i>must be present by 10am</i>)	15 each
Exercise-a-thon Participation <i>(Kids Squad Leader Signature required)</i>	50	No Sugar Sunday <i>(parent signiture required on tracker)</i>	15 per Sunday	Memorize memory verse <i>(Kids Squad Leader Signature required)</i>	5 each
Amount Raised Under \$100 \$100 - \$200 Over \$200 <i>(Kids Squad Leader Signature required)</i>	Level 10 pts 25 pts 100 pts	Water -- 6, 8oz glasses per day (<i>log of #glasses/oz. drunk</i>)	5 per day	Memorize all verses for the quarter -- 13 <i>(Kids Squad Leader Signature required)</i>	100 total
Bring non-adventist friend to participate in Exercise-a-thon. Only one child can claim a friend. <i>(Kids Squad Leader Signature required)</i>	50 points per friend	Brush teeth at least 2x per day	1 per day	Bring non-adventist to a Kids Squad program or Sabbath School <i>(Kids Squad Leader Signature required)</i>	50 each kid and program
Replace 1 hour tablet time per day with Exercise (bike, run, walk). Must complete 5 days per week to receive points. <i>(list activity performed and length of time required)</i>	30 per week	2 servings vegetables per day <i>(daily log of veggies eaten)</i>	5 per day	Attend Adventurer Meeting <i>(must be present for at least half the meeting)</i> <i>(Adventured staff Signature required)</i>	15 each
In Bed by 9pm time per night <i>(log of bedtime required)</i>	7 per week			Attend Pathfinder Program (older kids). <i>(Pathfinder staff signature required)</i>	15 each
Download Habitiz app on your device. Complete the physical activity for each day. Must have 5 per week. Must be different than activity for replacement of tablet activity above	30 per week			Attend Children's Church <i>(Kids Squad Leader Signature required)</i>	5 each

Rules:

Participants Ages 3-12. Teens are not eligible for the Disney Prize

Mt. Calvary Members as of 1/1/19 -- members of other churches adventist churches **cannot** win grand prize

Accurately and honestly report required parent signature activities

Keep daily log for required activities