30-DAY CHALLENGE

Kids, join Bango to improve your overall well-being by taking simple steps each day. Can you incorporate a healthy tip in your lifestyle for 30 days?

- **DAY 1**: Crank up the tunes and dance
- **DAY 2**: Stretch
- **DAY 3**: Pick an activity at recess that makes you run or jump
- **DAY 4**: Give yourself a hug
- **DAY 5**: Write down 3 things for which you are grateful
- **DAY 6**: Get 7-8 hours of sleep
- **DAY 7**: Thoughts are powerful - make yours positive
- **DAY 8**: Help your family cook a meal at home
- **DAY 9**: Play basketball with a friend
- **DAY 10**: Limit your screen time to 2 hours at the most
- **DAY 11**: Eat yogurt, broccoli or other foods high in calcium to help keep your bones strong
- **DAY 12**: Chew your food 10 times before swallowing
- **DAY 13**: Choose water or lowfat milk instead of soda
- **DAY 14**: Bring a healthy snack to school
- **DAY 15**: Play an active game with a friend
- **DAY 16**: Go along to the grocery store and pick a new fruit/veggie to try
- **DAY 17**: Eat from a smaller plate than usual
- **DAY 18**: See the bright side in any situation
- **DAY 19**: Start an art project
- **DAY 20**: For every hour you sit, walk 3 minutes
- **DAY 21**: Eat slowly - it takes 20 minutes for your brain to register that you are full
- **DAY 22**: Do three things today that will make you laugh
- **DAY 23**: Take 5-10 deep breaths
- **DAY 24**: Choose a new book to read
- **DAY 25**: Brush your teeth at least twice per day
- **DAY 26**: Pick an activity at recess that requires you to hop or skip
- **DAY 27**: Avoid eating sweets today
- **DAY 28**: Eat breakfast
- **DAY 29**: Do something you love today
- **DAY 30**: Challenge your brain - do a crossword, play Sudoku or read for fun