



Kids In Force Program Tracker

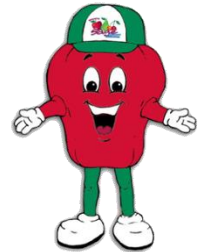


Name: _____ Gender: _____

Mailing Address _____ Age: _____

Parent's Signature: _____

POINTS	
Activity: 30 Minutes = .5 point 60 Minutes = 1 point 90 minutes = 1.5 point	Nutrition: 1 Serving Fruit = 1 point 1 Serving Vegetable = 1 point



Daily Progress

DATE	TYPE OF ACTIVITY	ACTIVITY MINUTES	POINTS EARNED	FRUIT & VEGETABLE CHOICES	POINTS EARNED
Total Points Earned _____		Activity Points Earned _____		Healthy Food Points Earned _____	

*Maximum of 3 hours activity can be recorded each day
 *Maximum of 8 points total to be recorded each day

*Maximum of 5 healthy food choices can be recorded each day

Mail completed tracking forms to: Sage Fruit Co., PO Box 2589, Yakima, WA 98907

Please indicate which prize you would like to receive. List of prizes can be found @ www.sagefruit.com/FruitKids

Prizes

Level 1:
Sage Fruit Football
or Basketball

Level 2:
Sage Fruit Frisbee

Level 3:
Sage Fruit Water Bottle

Level 4:
Sage Fruit Hat or T-shirt



Points Per Level

Level 1: 75+ points

Level 2: 125+ points

Level 3: 175+ points

Level 4: 225+ points