



Do 10 jumping jacks for every commercial break.



Eat a green vegetable.



Have two hours of TV-free time.



Eat a red fruit.



Drink three BIG cups of water.



Board game bonanza!



Play a family game of hide and seek.



Do one helpful thing.



Random dance party!



Try a new-to-you vegetable.



Act out your favorite movie.



Build an obstacle course.



Read 10 box and/or can labels.



Make an indoor or outdoor fort.



Try a new-to-you fruit.



Draw a comic strip of your greatest adventure.

SWITCH

SWITCH what you Do, View and Chew!



≥ 60 minutes of Physical Activity



< 2 hours of screen time



≥ 5 servings of Fruits and Vegetables



SWITCH what you Do, View and Chew!



≥ 60 minutes of Physical Activity



< 2 hours of screen time



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SWITCH Card Directions

1. Read over all of the SWITCH spots.
2. Begin completing, mark off as you go.
3. Try for four-in-a-row.
4. Bonus - Blackout your card!
5. Turn in for a prize.

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