

THE POWER RANGERS EMPOWER CHALLENGE

Here's your chance to practice everything you've learned from the Power Rangers about healthy eating and fitness. For the next 10 days, use this chart to keep track of the foods you eat and the time you spend being active. Just fill in the date for each day and use the blank lines to write in:

- How many of the five food groups you ate at breakfast, lunch, and dinner.
- How many of the five fruit and vegetable color groups you ate that day.
- How many minutes you spent being physically active.

At the end of the 10 days, have a parent sign your chart and take it to class to receive a special **Power Rangers emPOWER** certificate!



Power Rangers emPOWER Challenge

Date _____

		B	L	D	B	L	D	B	L	D	B	L	D	B	L	D
Week 1	How many food groups?															
	How many color groups?	_____														
	Minutes of physical activity?	_____														
	What activities did you do with your family?	_____														
	Which Power Rangers emPOWER value did you demonstrate the most this week?	_____														
Week 2	How many food groups?															
	How many color groups?	_____														
	Minutes of physical activity?	_____														
	What activities did you do with your family?	_____														
	Which Power Rangers emPOWER value did you demonstrate the most this week?	_____														

My child has completed the **Power Rangers emPOWER Challenge**.

Parent Signature _____ Date _____



WATCH THE NEW **MEGAFORCE** **ADVENTURES ON** nickelodeon **BEGINNING FEBRUARY 2, 2013 SATURDAYS AT 1P/12C**
<http://empower.powerrangers.com>

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