

HEALTHY EATING CHALLENGE — ATTITUDE STRIPE SHEET

HEALTHY EATING CHALLENGE

Fuel Your Body Like a Champion!

Name:

Last Name:

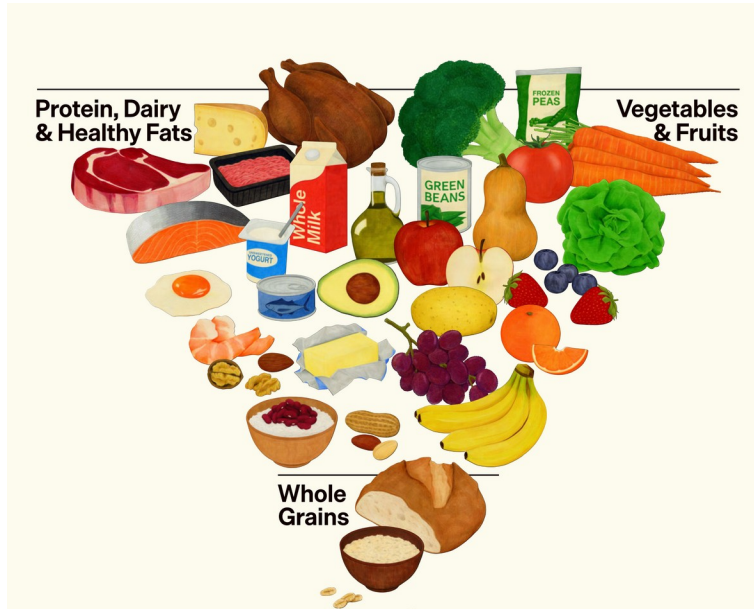
Age:

Rank:

Each time you choose healthy food over junk food **without being asked**, log it on the back. Complete 10 healthy choices to earn a stripe! This sheet is worth 2 stripes.

THE NEW FOOD PYRAMID (2025–2030 Dietary Guidelines)

Eat MORE from the top, LESS from the bottom. "Eat Real Food!"



✓ HEALTHY EATING GUIDELINES

- ☐ **Prioritize Protein at Every Meal** — Meat, fish, eggs, dairy, beans — aim for 1.2–1.6g per kg of body weight
- ☐ **Eat Real, Whole Foods** — If it grew from the ground or had a mother, it's real food!
- ☐ **Fill Half Your Plate with Fruits & Veggies** — All colors count — focus on whole forms, not juice
- ☐ **Drink Water Instead of Sugary Drinks** — Skip soda, juice boxes, energy drinks, and sweet tea
- ☐ **Avoid Fast Food & Processed Junk** — Chips, candy, frozen pizza, drive-thru meals
- ☐ **Limit Added Sugars** — Less than 25g/day for kids, 36g for men, 25g for women
- ☐ **Choose Whole Grains Over Refined** — Brown rice, oats, whole wheat — in small portions
- ☐ **Include Healthy Fats** — Olive oil, nuts, seeds, avocado, butter — your brain needs these!
- ☐ **Eat Breakfast Every Day** — Eggs + fruit is a champion's start to the day
- ☐ **Read Nutrition Labels** — Know what's in your food — knowledge is power!

➡ **TURN THIS SHEET OVER TO START LOGGING YOUR HEALTHY CHOICES!**

STRIPE 1 — Log 10 Healthy Choices

Write what you chose to eat AND what you would have eaten before. Have a parent/guardian confirm!

#	HEALTHY CHOICE	INSTEAD OF	DATE
1	I chose:	Instead of:	Date:
2	I chose:	Instead of:	Date:
3	I chose:	Instead of:	Date:
4	I chose:	Instead of:	Date:
5	I chose:	Instead of:	Date:
6	I chose:	Instead of:	Date:
7	I chose:	Instead of:	Date:
8	I chose:	Instead of:	Date:
9	I chose:	Instead of:	Date:
10	I chose:	Instead of:	Date:

Complete 10 healthy choices to earn your Attitude Stripe!

Parent/Guardian Signature: _____

Date: _____

Instructor Signature: _____

Date: _____

STRIPE 2 — Keep Going! 10 More Healthy Choices

#	HEALTHY CHOICE	INSTEAD OF	DATE
11	I chose:	Instead of:	Date:
12	I chose:	Instead of:	Date:
13	I chose:	Instead of:	Date:
14	I chose:	Instead of:	Date:
15	I chose:	Instead of:	Date:
16	I chose:	Instead of:	Date:
17	I chose:	Instead of:	Date:
18	I chose:	Instead of:	Date:
19	I chose:	Instead of:	Date:
20	I chose:	Instead of:	Date:

Complete 10 healthy choices to earn your 2nd Attitude Stripe!

Parent/Guardian Signature: _____

Date: _____

Instructor Signature: _____

Date: _____