

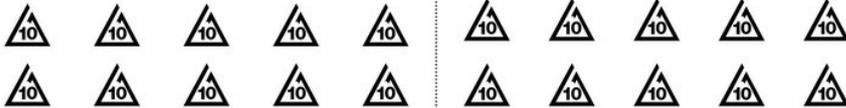
# Gracie GAME DAY Health

To love yourself is to take control of your health. The greatest gift you can give your family and the world is a healthy you.



Start here!

<b>SATURDAY 18 APRIL 2026 10AM - 11AM</b>	
Student Name:	_____
Total Points:	_____
Student Age:	_____
Bonus Points (Total Points - [Age x 100]):	_____
Parent Signature:	_____
<b>YOUR AGE X 100 = MINIMUM POINTS REQUIRED TO QUALIFY FOR GRACIE GAME DAY!</b>	



Each crossed out Gracie Triangle is worth 10 Gracie Game Day Points.

**Physical Health**

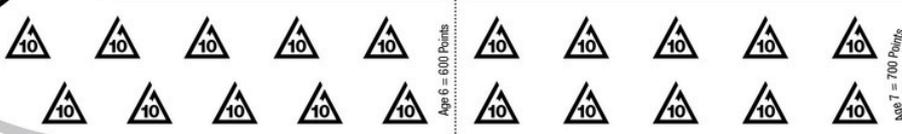
Turn a commercial break into a mini workout—10 push-ups, 20 squats, or five minutes of practicing your techniques right at home!



**Mental Health**

Read at least 10 pages of a good book, then learn a new word and slip it into a sentence for practice!

Score 'YOUR AGE x 100' Points to qualify for Gracie Game Day.



**Nutrition**

Be brave - try new healthy foods when you can, swap out junk for something better, and say "No thank you" to treats that don't fuel your body right.

Earn 10 Points (1 triangle crossed out) if someone has to tell you to do it.  
Earn 20 Points (2 triangles crossed out) if you do good without being told!

**Hygiene**

Keep clean by washing your hands before meals and after the restroom, and make showering and brushing your teeth part of your daily routine.



Bonus Points = All the points you earn beyond your age requirement.



**Service**

Teach others that health is balance; it's about moving, eating well, and resting right.



Request a Bonus Sheet to continue tracking beyond 1200 points!



## HOW IT WORKS

Scan the QR for more information on how the programme works, success tips, bonus point tracking sheets and more!