

Soveya Healthy Habit-a-thon!

Child's name _____

Address _____

Phone # _____

Total points

for week of

Activity	Sun	Mon	Tue	Wed	Thu	Fri	שבת
Ate a healthy breakfast (including whole grain and protein)							
Ate at least one serving of fruit							
Ate protein at lunch and dinner							
Ate at least one serving of vegetables							
Did not eat candy or drink soda							
Exercised for 15 min. (either in school, and/or at home)							
Drank water (at least 3 cups – 8oz each)							
Brushed teeth morning and evening							
Washed hands with soap before eating							
Went to bed on time							
Sub total:							

Parent's initials for each day _____

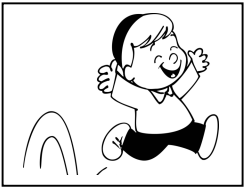
How it works:

- Copy a blank version of these forms so you can reuse them.
- Give 1 point for each activity accomplished.
- Add the points for each day and write amount in sub-total box.
- Make sure your parents initial for each day.
- At the end of the week, total up all the points and write amount in box at the top of the page.
- Ask friends, family, & neighbors to sponsor you for each point you earn.
- Submit completed charts together with a check for the donations you have received to:
SOVEYA, 6209 Western Run Drive, Baltimore, MD 21209
- All participants will receive a prize! Additionally, gift certificates to your local Judaica store will be given to children who: Collect \$25 - receive a \$5 gift certificate **Collect \$50 - receive a \$10 gift certificate**Collect \$100 - receive a \$25 gift certificate Collect \$200 - receive a \$50 gift certificate**Collect \$500 - receive a \$100 gift certificate



1-888-8-SOVEYA (876-8392) * fax 443-379-0665 * www.soveya.com * info@soveya.com





Soveya Healthy Habit-a-thon!

(Please pledge an amount for each healthy activity that I do)

Name _____

Dear Sponsor,

I plan to perform activities which support my health and nutrition in order to raise money for Soveya's SWITCHH program, which is combating childhood obesity around the world. Make checks payable to Soveya. Soveya is a 501 (c)(3) non-profit organization and all contributions are tax-deductible. Send checks to Soveya, 6209 Western Run Drive, Baltimore, MD 21209.

Name of Sponsor		Pledge per Activity (Example: \$1.00)	Maximum Pledge	Amount Collected from Sponsor
1	Name			
	Address			
	Phone #			
	Email			
2	Name			
	Address			
	Phone #			
	Email			
3	Name			
	Address			
	Phone #			
	Email			
4	Name			
	Address			
	Phone #			
	Email			
5	Name			
	Address			
	Phone #			
	Email			
6	Name			
	Address			
	Phone #			
	Email			

7	Name Address Phone # Email			
8	Name Address Phone # Email			
9	Name Address Phone # Email			
10	Name Address Phone # Email			
11	Name Address Phone # Email			
12	Name Address Phone # Email			
13	Name Address Phone # Email			
14	Name Address Phone # Email			