NO SWEAT NOVEMBER

NAME: _____

TEACHER: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REMEMBER TO COMPLETE THE FULL CHALLENGE EACH DAY TO GET CREDIT FOR THAT DAY. NO MAKEUP DAYS ALLOWED.				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 FREE SPACE HAPPY THANKSGIVING	23	24
25	26	27	28	29	30	NOVEMBER HOMEWORK DUE DECEMBER 7TH
	22 - 24 DAYS = COOL Earn 5 Cool Bucks		25 - 27 DAYS = COOLER Earn 10 Cool Bucks		28 - 30 DAYS = COOLEST Earn 15 Cool Bucks	

TOTAL NUMBER OF DAYS: _____

PARENT SIGNATURE: _____

NO SWEAT NOVEMBER

CHALLENGE GUIDE

DIRECTIONS: KEEP TRACK OF ANY DAY YOU SUCCESSFULLY COMPLETE BY CLEARLY MARKING THE BOX. THE MORE DAYS YOU DO, THE MORE BONUS "COOL BUCKS" YOU WILL EARN. AT THE END OF THE MONTH REMEMBER TO ADD UP YOUR TOTAL NUMBER OF DAYS COMPLETED, AND **HAVE YOUR PARENTS SIGN THE BOTTOM OF THE SHEET.** NOVEMBER HOMEWORK MUST BE RETURNED TO MR WILL BY DECEMBER 7TH FOR YOUR PRIZE.

(NOTE: IF THE DOG EATS YOUR HOMEWORK YOU CAN FIND THE HOMEWORK ONLINE: WWW.MRWILLPE.COM)

DIRECTIONS: EACH DAY IN NO SWEAT NOVEMBER, MY CHALLENGE FOR YOU IS TO EAT A VARIETY OF FRUITS AND VEGETABLES! THE FRUITS/VEGETABLES OF YOUR CHOICE CAN BE FRESH, FROZEN, DRIED, COOKED, STEAMED, SAUTÉED OR PREPARED HOWEVER YOU LIKE, BUT NO SUGAR CAN BE ADDED. FRUIT OR VEGETABLE JUICE CAN ONLY BE USED IF YOU PRESS IT YOURSELF. (JAMBA JUICE DOESN'T COUNT)

REMEMBER TO TRY TO EAT AS MANY DIFFERENT COLORS AS YOU CAN! FOR EXAMPLE, EAT A SERVING OF CARROTS ON MONDAY, TRY A GREEN APPLE ON TUESDAY, THEN A SERVING OF RED PEPPER WEDNESDAY AND SO ON. WHEN YOU GO TO THE GROCERY STORE OR FARMERS MARKET, KEEP AN EYE OUT FOR EXOTIC FRUITS AND VEGETABLES. HERE ARE SOME EXAMPLES TO TRY: PASSION FRUIT, PERSIMMONS, STAR FRUIT, GUAVA, KAI-LAN, KOMATSUNA, AND ROMANESCO.

EACH DAY WRITE THE NAME (OR DRAW A PICTURE) OF THE FRUIT OR VEGETABLE YOU ATE.

REMEMBER: TO GET FULL CREDIT FOR THE DAY YOU MUST CHEW AND SWALLOW THE FRUIT OR VEGETABLE.