

# Healthy Heart Worksheet



















Name: \_\_\_\_\_

Date: \_\_\_\_\_

	List the fruits and vegetables you ate.	Total Fruits & Veggies Eaten	List the activities you did.	Total Activities
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
TOTALS	Use tally marks to show total fruits and veggies eaten during week		Use tally marks to show total activities done during week	

## Fruit & Veggie Word Bank

			
<b>Apple</b>	<b>Orange</b>	<b>Grapes</b>	<b>Mango</b>
			
<b>Pear</b>	<b>Broccoli</b>	<b>Avocado</b>	<b>Peppers</b>
			
<b>Strawberries</b>	<b>Carrots</b>	<b>Peas</b>	<b>Blueberries</b>
			
<b>Bananas</b>	<b>Tomatoes</b>	<b>Celery</b>	<b>Lettuce</b>

# Activities Word Bank

 <b>Running</b>	 <b>Play Tag</b>	 <b>Football</b>	 <b>Basketball</b>
 <b>Walking</b>	 <b>Dancing</b>	 <b>Swinging</b>	 <b>Sliding</b>
 <b>Monkey Bars</b>	 <b>Climbing</b>	 <b>Hopscotch</b>	 <b>Sledding</b>
 <b>Skating</b>	 <b>Jumping</b>	 <b>Soccer</b>	 <b>Karate</b>
 <b>Volleyball</b>	 <b>Tennis</b>	 <b>Swimming</b>	 <b>Gymnastics</b>
 <b>Play in snow</b>	 <b>Yoga</b>	 <b>Baseball</b>	 <b>Four Square</b>