



January 26, 2015

Dear Parent/Guardian,

Your child has accepted the challenge! Over the next ten weeks, all students will be taking a journey through Live Healthy Iowa Kid's 10 Week Wellness Challenge. The challenge is designed to increase physical activity and encourage healthier food and beverage choices. Over the next ten weeks, your student will be tracking their activity minutes, as well as, fruit consumption, vegetable consumption, ounces of milk and ounces of water. Outlined below is the tracking schedule. Every two weeks, they will be tracking a new topic and at the end of the two weeks we will be submitting the information to the LHI website to be eligible for prizes.

Tracking Dates	Items Tracked
1/26-2/6	Fruit Consumption
2/9-2/20	Milk Consumption
2/23-3/6	Vegetable Consumption
3/9-3/20	Water Consumption
3/23-4/3	Physical Activity

Your help and assistance in the challenge is important; parents/guardians are a great support system! We will need your help reinforcing healthier food and beverage choices, providing healthier options and encouraging more physical activity.

There will be an "exercise of the week" throughout the challenge! Teachers will encourage the students to participate in this exercise daily during the school day.

Thank you for all of your support during this challenge.

Please contact me if you have questions!

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