

I'M BETTER B1NGO

NAME:

AGE:

DRINK 8 GLASSES OF WATER	 TRY A NEW VEGETABLE	COMPLETE 10 PUSHUPS	WALK OR JOG 1 MILE	USE LOWFAT MILK IN CEREAL 
EAT 2 CUPS OF FRESH FRUIT 	PREPARE A LOWFAT MEAL WITH YOUR PARENTS	 RUN IN PLACE FOR 2 MINUTES	GO TO BED 30 MINUTES EARLY	VISIT A LOCAL PARK
WATCH ONLY 2 HOURS OF TV 	COMPLETE 20 JUMPING JACKS	START YOUR JOURNEY HERE	 AVOID FAST FOOD	RIDE YOUR BIKE 
READ A NUTRITION LABEL	PICK UP TRASH IN NEIGHBORHOOD	WASH HANDS BEFORE EATING 	WALK 4 BLOCKS	AVOID SUGARY DRINKS
AVOID COMPUTER GAMES	LIMIT CELL PHONE USE 	COMPLETE 10 SIT-UPS	DANCE TO A FAVORITE SONG 	START A VEGETABLE GARDEN

JOURNEY TO
one CITY. one JACKSONVILLE.



MARK AN X THROUGH EACH COMPLETED ACTIVITY AND RETURN THE FILLED CARD TO: JAX MAYORTHON KIDS CLUB, OFFICE OF MAYOR LENNY CURRY, 117 W. DUVAL ST., JACKSONVILLE, FL 32202. INCLUDE YOUR MAILING ADDRESS ON BACK TO RECEIVE YOUR OFFICIAL JAX MAYORTHON KIDS CLUB MEMBERSHIP CARD!

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