

KEY  = 1 SERVE OF VEGGIES  = 1 MOVEMENT BREAK

CRUNCH & MOVE

INSERT
DATE
HERE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	       	       	       	       	       	At the end of each week turn over and answer the questions.	
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Keep track of your **Crunch & Move moments** by colouring in the icons each day. At the end of the month, tally them up and record your total number of veggie serves and movement breaks on the **back of the calendar card**.

Supported by



Crunch&Sip®

Q & A



CRUNCH & MOVE

WEEK 1

1. Did you try any new veggies when refueling this week?

YES ☐ NO ☐

2. Did the movement breaks help you refresh and stay focused in class?

YES ☐ NO ☐

WEEK 2

3. Did refueling with veggies help you stay focused in class?

YES ☐ NO ☐

4. Are the movement breaks easy to complete during class?

YES ☐ NO ☐

WEEK 3

5. Did you try any new movement activities this week?

YES ☐ NO ☐

6. Has Crunch & Move encouraged you to move more across the day?

YES ☐ NO ☐

WEEK 4

7. Has Crunch & Move encouraged you to crunch on extra serves of veggies?

YES ☐ NO ☐

8. Did your class head outside for movement breaks across the month?

YES ☐ NO ☐

Tell us what you enjoyed most about Crunch & Move?

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TOTALS

Total Veggie Serves

.....

Total Movement Breaks

.....