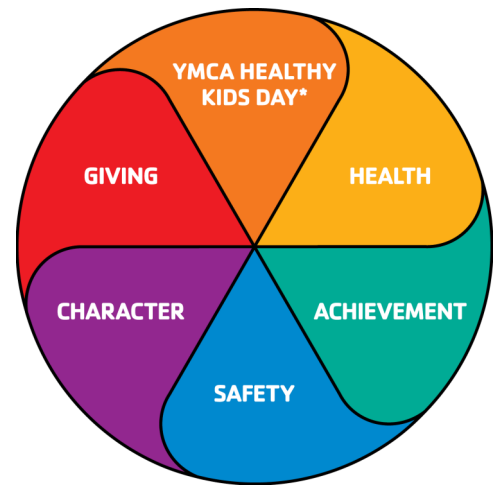


# YMCA HEALTHY KIDS DAY®



An Official Kentucky Derby Festival Event  
presented by Norton Children's Hospital



WELLNESS WHEEL

## HOW TO COMPLETE THIS ACTIVITY CARD:

Pick any **10 squares** and do the activity to complete the card. When you have finished each activity, put an **X** through that square.

When you have **completed 10 squares**, bring your card to **Healthy Kids Day** for a chance to win prizes.

See additional details on the back of this card.

## HEALTHY KIDS ACTIVITY CARD

<b>Achievement</b> I created a new game to play with my family <input type="checkbox"/>	<b>Safety</b> I recited my parent or guardian's phone number <input type="checkbox"/>	<b>Character</b> Caring: I helped my friends this week <input type="checkbox"/>	<b>Giving</b> I did something kind for a parent, stranger, sibling, classmate or teacher <input type="checkbox"/>	<b>Health</b> I ate fruit or vegetables every day for one week <input type="checkbox"/>
<b>Safety</b> I always wear my seatbelt <input type="checkbox"/>	<b>Giving</b> I helped my family by feeding our pet <input type="checkbox"/>	<b>Health</b> I learned how to jump on one foot or do a push-up <input type="checkbox"/>	<b>Achievement</b> I shared in Kids' Club or in school <input type="checkbox"/>	<b>Character</b> Honesty: I was truthful in what I said or did <input type="checkbox"/>
<b>Character</b> Respect: I let others speak without interrupting <input type="checkbox"/>	<b>Health</b> I learned how to make a healthy snack for myself at home <input type="checkbox"/>	<b>Attend Healthy Kids Day on April 28th!</b> <input type="checkbox"/>	<b>Giving</b> I helped by picking up trash outside in my community <input type="checkbox"/>	<b>Achievement</b> I completed all my homework on time for a week <input type="checkbox"/>
<b>Achievement</b> I helped plan a healthy meal for my family <input type="checkbox"/>	<b>Giving</b> My family donated clothing or toys at a donation facility <input type="checkbox"/>	<b>Character</b> Responsibility: I cleaned up after myself in Kids' Club or at home <input type="checkbox"/>	<b>Health</b> I brushed my teeth twice a day for a week <input type="checkbox"/>	<b>Safety</b> I always wear my helmet when I ride my bike or skateboard <input type="checkbox"/>
<b>Safety</b> I looked both ways before crossing the street <input type="checkbox"/>	<b>Health</b> I had a dance party with my family or friends <input type="checkbox"/>	<b>Achievement</b> I tried a new yoga pose or sport <input type="checkbox"/>	<b>Giving</b> I drew a picture for someone I care about <input type="checkbox"/>	<b>Safety</b> I took Youth Fitness Fundamentals at the YMCA (ages 10-14) <input type="checkbox"/>

**YMCA HEALTHY KIDS DAY on April 28, 2019** is a **FREE** family event with healthy interactive activities, inflatables, community vendors and a fun obstacle course that everyone can enjoy!

## AWESOME PRIZES!

The first 800 kids at Healthy Kids Day with a completed Activity Card are eligible for a **FREE Healthy Kids Day Pegasus Pin!**\*

Pegasus pins can be picked up at the Membership booth on Healthy Kids Day.

\*Pins are limited and only available while supplies last.



Show your completed Activity Card at Healthy Kids Day and pick up your **FREE t-shirt\*** and you'll be entered to win a **6-month YMCA Membership OR one week at YMCA Camp Piomingo!**

\*while supplies last

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Detach here and use as your entry form at Healthy Kids Day!

### PARTICIPANT INFORMATION:

Parent First and Last Name:	
Child's Name:	
Address:	
City, State & Zip:	
Email*:	
Phone*:	
<small>*Required for entry into drawing.</small>	

Are you currently a Y member?  Yes  No

If no, please check which YMCA location is closest to you:

- |                                      |  |                                     |
|--------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Bullitt Co. | <input type="checkbox"/> Chestnut Street | <input type="checkbox"/> Clark Co.  |
| <input type="checkbox"/> Downtown    | <input type="checkbox"/> Floyd Co.       | <input type="checkbox"/> Middletown |
| <input type="checkbox"/> Northeast   | <input type="checkbox"/> Norton Commons  | <input type="checkbox"/> Oldham Co. |
| <input type="checkbox"/> Southeast   | <input type="checkbox"/> Southwest       |                                     |

### FOR OFFICE USE ONLY:

Staff must confirm activities have been completed and initial the red boxes on the front.

Date completed card: \_\_\_\_\_

Staff name: \_\_\_\_\_