

Tour de Health Scorecard

Name (or group name) _____

When you answer a question correctly, put the number of points for the answer under the appropriate message. At the end of the game, add up the points for each column. Then add all the column totals to get a grand total.

POINTS EARNED							
Drink water!	Choose fruits and veggies instead of junk food—go for color!	Get whole grains and sack the sugar!	Keep the fat healthy!	Start smart with breakfast!	Keep moving!	Freeze the screen!	Sleep well!
Total:	Total:	Total:	Total:	Total:	Total:	Total:	Total:

Grand total _____