

CATCH KICK OFF

SEPT. 23-27



**MONDAY 9/23
SELF CARE DAY**

Take a selfie doing a self care activity and send to Crockett Facebook



TUESDAY 9/24

HEALTHY FOOD DAY

Students use the Go for More Cart in the cafeteria to try new Fruits and Veggies



**WEDNESDAY 9/25
KINDNESS DAY**

Say a Kind word to someone today

THURSDAY 9/26

HEALTHY DRESS UP DAY

Dress up as your Favorite fruit or veggie (or wear the color)



EAT HEALTHY



**FRIDAY 9/27
WORK OUT**

Wear Athletic wear as we complete the 10,000 Step Challenge

