



powerup

CHORE CHAMPION CHART

Track your “No-Bore” family chores using this chart. Write your name next to your chore and choose a fun PowerUp Reward. Check off the “I did it” box when you complete your chore to become a “Chore Champion” and receive your reward!

NAME

NO-BORE CHORE

CHORE COMPLETE

POWERUP REWARD

_____	_____	I DID IT!	_____
_____	_____	I DID IT!	_____
_____	_____	I DID IT!	_____
_____	_____	I DID IT!	_____
_____	_____	I DID IT!	_____

PowerUp Rewards can be anything you like to do that helps you PowerUp by eating better or moving more! Here are just a few fun reward ideas:

- Extra play time
- Go on a family hike
- Play at an open gym
- Pick a new fruit to try
- Go to a cooking class for kids
- Dance party
- Go to a park
- Play an active game
- Pick a new veggie to try