

**Immunity Challenge**

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| Week #1 | Week #2 | Week #3 | Week #4 |
| Eat four servings of green, leafy vegetables.  4 points | **Eat two 3-4oz serving of beef, turkey or beans.**  **4 points** | **Drink three glasses of orange juice.**  **4 points** | **Eat four 6-ounce servings of yogurt.**  **4 points** |
| Go for a 30 minute walk.  4 points | **Go for two 30 minute walks.**  **4 points** | **Go for three 30 minute walks.**  **4 points** | **Go for four 30 minute walks.**  **4 points** |
| Name the two parts of the immune system that are located in the head.  2 points | **A \_\_\_\_\_\_\_ is a small infectious agent that can only replicate inside the cells of another organism.**  **2 points** | **Beef, turkey & beans are a great source of \_\_\_\_\_\_\_.**  **2 points** | **Writing in a \_\_\_\_\_\_\_\_\_\_\_\_ is a great way to manage your stress.**  **2 points** |
| Drink four cups of green or black tea.  4 points | **Drink 8 glasses of water daily.**  **4 points** | **Drink eight cups of green or black tea.**  **4 points** | **Drink 8 glasses of water daily.**  **4 points** |
| Get at least 7 hours of restful sleep daily.  4 points | **Prepare at least three meals containing crushed garlic.**  **4 points** | **Eat two servings of fish or shellfish.**  **4 points** | **Get at least 7 hours of restful sleep daily.**  **4 points** |
| You should always wash your \_\_\_\_\_\_\_\_\_\_ before and after preparing food.  2 points | **Citrus fruits are a great source of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**  **2 points** | **Garlic contains \_\_\_\_\_\_\_\_\_, which fights infection & bad bacteria.**  **2 points** | **Name at least two types of fish that are rich in omega-3 fats.**  **2 points** |

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