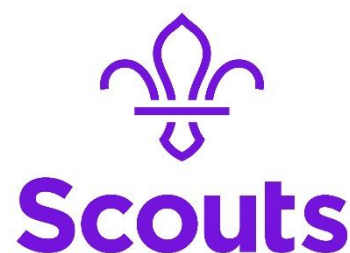


Token calculator



Breakfast station

What are you going to feed your character for breakfast today?

Decision	Tokens
They won't bother with breakfast.	0
Something small that only contains one food group.	1
Something more substantial that covers a few food groups, like peanut butter on toast or cereal with yoghurt.	3

Hydration station

Let's plan how many drinks your character will aim to have today.

Decision	Tokens
They won't bother with that – just a glass or two of sugary fizzy drink for them!	0
I guess a glass or two when they're really thirsty.	1
They'll try to drink between six and eight glasses, depending on how thirsty they are.	3

Fruit and veg station

What fruit and vegetables will your character eat today?

Decision	Tokens
They won't bother with those!	0
They'll have two – we can name one or two portions.	1
They'll have four – we can name three or four portions.	2
They'll have five or more – and we can name them!	3

Leaders: remember that fresh, frozen, tinned, dried, and one glass of juice count.

Snacking station

What's your character going to have for a snack?

Decision	Tokens
They won't bother – they'll wait and be super, super, super hungry at the next meal.	0
They'll have something from one food group, like an apple.	2
They'll have something from two food groups, like a banana and a biscuit.	3

Sugar station

How will your character think about the sugar in their food today?

Decision	Tokens
They'll avoid it altogether or eat so much it makes them feel poorly.	0
They'll try to listen to their bodies (and their grown ups) to find the right balance.	3

Exercise station

How much time will your character spend moving their body in a fun way today?

Decision	Tokens
None at all – they'll spend every single minute on the sofa.	0
I guess they should try to do something for 10 minutes, even if they don't enjoy it.	1
They'll try to spend about an hour moving in a way they enjoy.	3

Leaders: for most people, exercise will make you a bit warmer, make your breathing rate increase, and make your heart beat a bit faster.

Sleep station

How many hours of sleep will your character try to get?

Decision	Tokens
Fewer than six hours.	0
Seven or eight hours.	2
Nine to eleven hours.	3

Laughing station

How many times will you help your character to laugh today?

Decision	Tokens
What's laughing got to do with health and happiness? Who cares?	0
I guess 15 times is enough.	2
More like 200 times!	3

Leaders: did you know that on average, children laugh 400 times a day while adults only laugh 15 times?