

Rewards for Accomplishing Goals

Instead of...	Try...
Video game	In-line skating
Box of candy	Jumping rope or lifting hand weights*
Television	Bicycle
Board game	Hopscotch*
Radio or tape player	Mini-trampoline*
Magazine	Frisbee
Handheld sports game	Volleyball
Sports video	Football
Fast-food gift certificate	Skating event gift certificate
Movie video	Exercise video

** Not appropriate for Red level.*