



# Sambucol Everyday Hero Rewards Chart

Stick this on your fridge, to track being good each day,  
Get a star in each box, And you'll get to  
have fun and play!



Name:.....

This week my reward for being a hero is:.....

.....

I was a hero by helping:.....

Once you've completed your wellness activities, simply draw a star in the box to get your reward.  
How many stars will you get this week?



Today I...	Monday	TueSday	WedneSday	ThurSday	Friday	Saturday	Sunday
Ate my fruit							
Ate my Vegetables							
Had my Sambucol							
Played Outside							
Cleaned my teeth							

