

---

PRIVILEGE: Riding to Meet Friends for “Treats”

---

- RESPONSIBILITIES:
- BASICS
  - Manage Your Time
  - Consistently wear a helmet to ride.
  - Eat 3 Meals a Day with at least one fruit or vegetable per meal.
  - Display that you can make good choices with sugar/soda/desserts.
  - Follow the **No Food in Rooms** policy