











Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make family time an active time. Go for a family walk	Eat an orange fruit or vegetable 	Walk up and down a flight of stairs three times	Make a smoothie with lowfat milk and fruit	Eat some beans or nuts 	Try two bites of a new fruit or vegetable	Look for food labels that say "whole grain"
Go the park and swing with your family	Eat a whole grain food 	Ride a bike or take a walk 	Eat a supper together as a family	Try to balance on one foot	Eat a dark green vegetable 	Look at a juice label at home. Is it 100% juice?
Read a book together before bedtime	Make a yogurt parfait with fruit for snack 	Play Simon Says	Do not watch TV today	Make a list of healthy snacks to have for snack	Cook something together 	Eat breakfast as a family
Put puzzles together	Eat some lowfat cheese today	Eat a food with vitamin C: an orange or tomato	Put on some music and dance 	Eat a raw fruit or vegetable	Play outside	Eat a fresh fruit or vegetable
Who can do the most jumping jacks?	Try a new food	Have a ball toss 	Eat a dried fruit: dried plums, apricots, or raisins	Make a healthy snack	Drink lowfat milk today 	Make a healthy lunch together