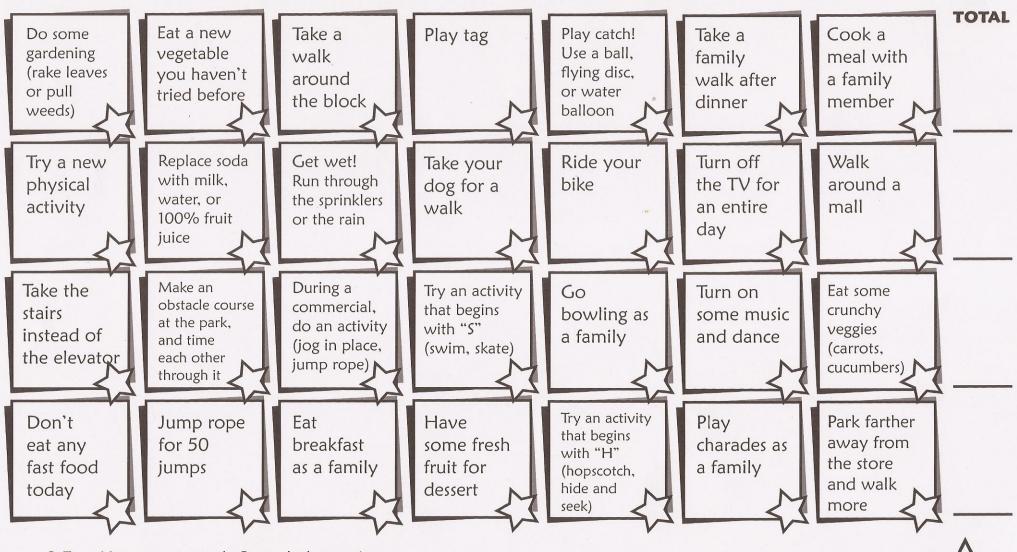
## FAMILY NUTRITION AND PHYSICAL ACTIVITY CALENDAR

Use the calendar below for ideas on how to stay healthy this month. Each day, choose 1 activity below. Every time you complete an activity, you earn a star. Color it in. How many stars can you earn this month?



- **0-7** Not a great month. Better luck next time.
- **8-14** Good start, with room for improvement. You are headed in the right direction.
- **15-21** You are getting healthy! Keep it up!
- 22-28 You are a SPARK Star! You are a great role model for others.

Your total for the month:

