

# 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?

							TOTAL
Do some gardening (rake leaves or pull weeds)	Eat a new vegetable you haven't tried before	Take a walk around the block	Play tag	Play catch! Use a ball, flying disc, or water balloon	Take a family walk after dinner	Cook a meal with a family member	_____
Try a new physical activity	Replace soda with milk, water, or 100% fruit juice	Get wet! Run through the sprinklers or the rain	Take your dog for a walk	Ride your bike	Turn off the TV for an entire day	Walk around a mall	_____
Take the stairs instead of the elevator	Make an obstacle course at the park, and time each other through it	During a commercial, do an activity (jog in place, jump rope)	Try an activity that begins with "S" (swim, skate)	Go bowling as a family	Turn on some music and dance	Eat some crunchy veggies (carrots, cucumbers)	_____
Don't eat any fast food today	Jump rope for 50 jumps	Eat breakfast as a family	Have some fresh fruit for dessert	Try an activity that begins with "H" (hopscotch, hide and seek)	Play charades as a family	Park farther away from the store and walk more	_____

- 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:

