



America's Move to Raise a Healthier Generation of Kids

NAME _____

DATE _____

KEY



= Your Fun Activity



= Your Healthy Food

LET'S MOVE! HEALTHY FAMILY CALENDAR

Day of the Week		Type of Activity	What Time of the Day	Who Will Participate	Did We Do It?
(For Example) MONDAY		walk 15 minutes	7am & 5pm	Mom & Sally	★
		Eat 1 fruit	Lunch	Sally & John	★
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

HOW MANY STARS DID YOU GIVE YOURSELF?