



America's Move to Raise a
Healthier Generation of Kids

NAME

DATE

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= 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?