



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?