

# July Calendar Challenge

Mark off each day that you do the activity for that day.  
 For example: If you are physically active for at least 30 minutes on the 1<sup>st</sup>, mark off that day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Be physically active for at least 30 mins	2 Drink at least 8 glasses of water	3 Try a new fruit or vegetable today	4 Turn on some music and "move-it, move-it"
5 Try any new healthy food	6 Eat a fruit or vegetable that is from the color orange/ yellow group	7 Be physically active for at least 30 mins.	8 Engage in some active family time	9 Eat a fruit or vegetable that is from the color purple/ blue group	10 Be physically active for at least 30 mins.	11 Eat a fruit or vegetable that is from the color red group
12 Drink at least 8 glasses of water	13 Eat 3 servings of dairy foods today.	14 Try a new physical activity	15 Do something really fun	16 Engage in some active family time	17 Try a new physical activity	18 Try a new healthy food
19 Be physically active for at least 30 mins.	20 Eat a fruit or vegetable that is from the color green group	21 Turn on some music and "move-it, move-it"	22 Drink at least 8 glasses of water	23 Do something really fun	24 Drink at least 8 glasses of water	25 Eat a fruit or vegetable that is from the color white group
26 Eat 3 servings of dairy foods today	27 Engage in some active family time	28 Do something really fun to relieve stress	29 Be physically active for at least 30 mins.	30 Eat 3 servings of dairy foods today	31 Be physically active for at least 30 mins.	
<u>White Group</u> Bananas, dates, cauliflower, onions, mushrooms potatoes, white corn, turnips brown pears, kohlrabi	<u>Orange/yellow group</u> Cantaloupe, corn, pears, grapefruit, peaches, oranges, carrots, pineapples, yellow apples, yellow squash, yellow peppers	<u>Purple/blue group</u> Plums, raisins, grapes, eggplant, blackberries, blueberries, purple cabbage	<u>Red group</u> Red apples, cherries, raspberries, tomatoes, strawberries, radishes, red onions, red potatoes, watermelon, red grapefruit	<u>Green Group</u> Green apples, kiwi, limes, green pears, olives, zucchini, asparagus, lettuce, honeydew, broccoli, cabbage, peas, green beans, celery, spinach		

Name: \_\_\_\_\_ Please return this completed form to Julie Jones by August 7<sup>th</sup>.

To get the range of vitamins, minerals, and phytochemicals you need to stay healthy and fit, eat a colorful variety of fruits and vegetables. Yellow/ orange fruits and veggies help to maintain a lower risk of some cancers, heart health, vision health and a healthy immune system. Purple/blue ones help to maintain a lower risk of some cancers, urinary tract health, memory function and healthy aging. Red fruit and veggies help maintain heart health, memory function, a lower risk of some cancers, and urinary tract health. Green group foods help to maintain vision health, a lower risk of some cancers, and strong bones and teeth. And fruits and veggies colored white help to maintain heart health, cholesterol levels that are already healthy, and a lower risk of some cancers. So, eat a colorful rainbow of fruits and veggies every day.