

September 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 1st, mark off that day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Be physically active for at least 30 minutes.	2 Try a new healthy food	3 Drink at least 8 glasses of water	4 Eat 5 cups of fruits & vegetables today	5 Turn on some music and "move-it, move-it"
6 Try a new healthy food	7 Eat 3 servings from the dairy group	8 Be physically active for at least 30 minutes.	9 Engage in some family fun time	10 Eat whole grains today	11 Be physically active for at least 30 minutes	12 Eat 3 servings of dairy foods today
13 Drink at least 8 glasses of water	14 Try dark green, leafy vegetables today	15 Be physically active today	16 Do something really fun	17 Be active	18 Eat dark green, leafy vegetables today	19 Try a new healthy food today
20 Be physically active for at least 30 minutes	21 Eat 5 cups of fruits & vegetables today	22 Turn on some music and "move-it, move-it"	23 Drink 8 glasses of water	24 Do something active and really fun	25 Eat 3 servings of dairy foods today	26 Eat 5 cups of fruits & vegetables today
27 Be physically active for at least 30 minutes	28 Eat whole grains today	29 Drink 8 glasses of water	30 Be active			

Name: _____ Please return this completed form to Julie Jones in Health Education by October 2nd.