



America's Move to Raise a Healthier Generation of Kids

NAME \_\_\_\_\_

DATE \_\_\_\_\_

**K  
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Y**

= 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) <b>MONDAY</b>	walk 15 minutes	7am & 5pm	Mom & Sally	★
	eat 1 fruit	Lunch	Sally & John	★
<b>MONDAY</b>				
<b>TUESDAY</b>				
<b>WEDNESDAY</b>				
<b>THURSDAY</b>				
<b>FRIDAY</b>				
<b>SATURDAY</b>				
<b>SUNDAY</b>				

**HOW MANY STARS DID YOU GIVE YOURSELF?**