



Activity/Nutrition Calendar

Print and Post on your Refrigerator

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 A- do 30 walking lunges around your house N- Eat 2 different vegetables S/A-	2 A- Create a 5-minute fitness workout and perform it. N- No pop or sugary snacks all day S/A-
3 A- Go up/down your stairs for 5 straight minutes N- Eat a healthy dinner S/A-	4 A- Bottom balance for 1 minute-2 times N- No candy all day S/A-	5 A- Waking up with the Wolves N-Rainbow dinner plate? S/A-	6 A- Dance around your house to 2 different songs N- drink milk/water all day S/A-	7 A-Take turns doing sit-ups with an older family member-30 each N- No cookies all day S/A-	8 A- 100 ABC shoulder touches N- Eat one fruit and one vegetable S/A-	9 A-Go for a walk/jog for 10 minutes N-Help make a meal with an adult S/A-
10 A- Go outside and play for 30 minutes or more N- Avoid salty foods S/A-	11 A- Go the whole day without watching TV N- Make and eat a healthy breakfast S/A-	12 A- Waking up with the Wolves N-Rainbow dinner plate? S/A-	13 A- Exercise for 30 minutes N- bring and eat a healthy snack S/A-	14 A- Jump rope for 5 minutes N- No cookies all day S/A-	15 A- bottom balance contest N- make healthy lunch choices S/A-	16 A- Perform the wheel barrow with a family member 3 times N- Eat 2 fruits S/A-
17 A- Go Bowling or do something fun as a family N- No pop or sugary snacks all day S/A-	18 A- 15 push-ups N-Bring and eat a healthy snack S/A-	19 A- Waking up with the Wolves N-Rainbow dinner plate? S/A-	20 A- 20 squat jumps N- No cookies all day S/A-	21 A- Bear Crawl around your house N-Eat 2 different vegetables	22 A-Plank contest N-Drink at least 2 cups of water or milk S/A-	23 A- Family Dance Party to 3 whole songs N-Eat one fruit and one vegetable S/A-
24 A- Go for a hike or walk as a family N- Help mom or dad make one meal today S/A-	25 A- do 15 up/down over/under with a partner (Up/Down=1) N-No cookies all day S/A-	26 A- Waking up with the Wolves PLEASE TURN IN YOUR CALENDAR TODAY	27 FREE CHOICE	28 Celebration Day		

How it works:

- Students perform at least **5** of the activities (A), and **5** Nutrition (N) components each week.
- On the bottom of each day there is a spot for students to write in a sport/activity (S/A) they participated in that day.
- Students can then substitute a (S/A) for a (A).

Parents:

- Have your child circle the 5 components they successfully accomplish each week.
- At the end of the month fill out the bottom of the sheet and return the calendar back to Mr. Cavataio

I will randomly pick 30 students and have them come to school early and participate in some physical fitness games. I will inform the students who were randomly picked by the end of the school day on March 27h.

Congrats



see you then

Sorry



please try again

K-5 Thursday March 28th from 8:00-8:35

Student Name (please print)

Teacher

Parent Signature