



Activity/Nutrition Calendar

Print and Post on your Refrigerator

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 A- Go to the Wass Skating Party N- Eat a healthy snack S/A-	2 A- Waking up w/ the Wolves N- Eat 2 different fruits S/A-	3 A- Walk or Ride your bike to school N- No pop or sugary snacks all day S/A-	4 A- Sprint 10 times today for 7 seconds each time N- Bring a healthy snack S/A-	5 A- Plank contest vs. mom/dad N- Eat 2 different pieces of fruit S/A-	6 A- Go on a bike ride with a family member N- Eat 2 servings of vegetables S/A-
7 A- Go to the park and play N- No pop or sugary snacks all day S/A-	8 A- Jog 2 laps around the Wass track N- Eat a healthy snack S/A-	9 A- Waking up w/ the Wolves N- Eat 2 different vegetables S/A-	10 A- Superman contest vs. mom/dad N- Drink water all day S/A-	11 A- Jump rope at home/school N- Help pack your healthy lunch S/A-	12 A- 20 Jumps as high as you can N- Eat a healthy lunch S/A-	13 A- Help mom/dad with an outside choir N- No pop or sugary snacks all day S/A-
14 A- Plank contest vs. Mom/dad N- Drink milk/water all day. S/A-	15 A- Go the whole day without watching TV or playing video games! N- Eat 2 different vegetables S/A-	16 A- Waking up w/ the Wolves N- Eat 2 pieces of fruit S/A-	17 A- play outside for 30 minutes after school N- Bring and eat healthy lunch S/A-	18 A- Bottom balance vs. mom/dad N- drink milk/water all day S/A-	19 A- Do 20 sit-ups in the am and 20 in the pm N- Avoid salty snacks all day S/A-	20 A- Watch the MSU/UM game with a family member N- Help mom/dad make a healthy meal S/A-
21 A- Go up/down your stairs 15x in the am and 15x in the pm (Up/Down=1), N- Help make your healthy lunch for tomorrow S/A-	22 A--- Do 30 squats in the am, and 30 in the pm N- Eat your healthy lunch S/A-	23 A- Waking up w/ the Wolves N- Check your plates for a rainbow S/A-	24 A- Jog 2 laps around the Wass track N- bring and eat a healthy snack S/A-	25 A- Play catch with an older family member N- Choose wheat bread over white bread S/A-	26 A- Go to a park and play N- drink milk/water all day S/A-	27 A- Go for a walk/jog with mom/dad N- Help mom/dad make a healthy meal S/A-
28 A- Go for a bike ride N- No pop or sugary snacks all day S/A-	29 A- 100 shoulder touches N- Choose milk or water for dinner S/A-	30 A- Waking up w/ the Wolves N- bring and eat a healthy lunch S/A-	31 A- Go for a walk today☺ N- Enjoy a treat or 2 S/A-	Please turn in your Calendar		

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 **November 6th**

Congrats



see you then

Sorry



please try again

K-5 Thursday November 8th from 8:00-8:35

Student Name (please print)

Teacher

Parent Signature