



# Activity/Nutrition Calendar



Print and Post on your Refrigerator

## January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8 <b>A- Waking up with the Wolves</b> N-Rainbow dinner plate? S/A-	9 A- 15 burpees N- drink milk/water all day S/A-	10 A- bottom balance contest N- No candy all day S/A-	11 A-Jump up and down 30 times N- Avoid salty snacks all day S/A-	12 A- Bear Crawl around your house <b>N-FREE CHOICE</b> S/A-
13 A- <b>FREE CHOICE</b> N-Drink water all day S/A-	14 A- Go up/down your stairs 10x (Up/Down=1) N- Eat 2 fruits and 2 vegetables S/A-	15 A- <b>Waking up with the Wolves</b> N-Rainbow lunch plate? S/A-	16 A- hold plank for 2 total minutes N- Make your own healthy lunch S/A-	17 <b>Wass Wolves Wellness Night</b>	18 A- Go the whole day without watching TV or playing video games! N- Eat 2 fruits and 2 vegetables S/A-	19 A- Perform the wheel barrow with a family member 3 times N- Eat at least one fruit and one vegetable S/A-
20 A- Go Bowling or do something fun as a family (Wii, kinect, board game, walk, skiing, sledding) N- No pop or sugary snacks all day S/A-	21 A- Make up a new dance and show one other person N-Bring and eat a healthy snack to school S/A-	22 A- <b>Waking up with the Wolves</b> N-Rainbow breakfast plate? S/A-	23 A- 4 superman's for 10 seconds each N-Name the 2 fruits you ate today? S/A-	24 A- Jog in place for 2 minutes in 5 different rooms in your house N-Eat 3 different vegetables S/A-	25 A- do 15 up/down over/under with a partner N- Check your plates all day, do they look like a RAINBOW? S/A-	26 A-Family dance party to 3 songs N- Help make a meal with an adult S/A-
27 A- Hold Bottom balance for 2 minutes N- Help make a healthy rainbow plate dinner S/A-	28 A- 15 push-ups N- Help pack your healthy lunch	29 A- <b>Waking up with the Wolves</b> N-Rainbow dinner plate? S/A-	30 A- Plank contest N-Eat a healthy lunch S/A-	31 A- 100 shoulder touches N-What types of fruit did you eat today? S/A-	<b>Please turn in your Calendar</b>	

### 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 by no later than February 5th.

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 February 6th.

Congrats



see you then

Sorry



please try again

**K-5 Friday February 8<sup>th</sup> from 8:00-8:35**

Student Name (please print)

Teacher

Parent Signature