



Activity/Nutrition Calendar

Print and Post on your Refrigerator

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6 A- Waking up with the Wolves N- avoid candy all day S/A-	7 A- Bottom balance vs. family member N-Make healthy lunch choices S/A-	8 A- Go up and down your stairs 15 times N- Bring a healthy snack S/A-	9 A- Superman contest vs. mom/dad N- Eat 2 different pieces of fruit S/A-	10 A-Go for a walk/jog with a family member N- Help mom/dad make a healthy meal S/A-
11 A- Help mom/dad with an outside choir N- No pop or sugary snacks all day S/A-	12 A- Shoulder touches contest vs. a family member N- Eat a healthy snack S/A-	13 A- Waking up with the Wolves N- Check your rainbow plate S/A-	14 A- practice flex arm hang twice today N-Drink water all day S/A-	15 A- Dance in each room of your house for 1 minute N-Help pack your healthy lunch S/A-	16 A- 40 sit-ups N- Eat a healthy lunch S/A-	17 A- Go for a family bike ride or walk N- No pop or sugary snacks all day S/A-
18 A- Play in the leaves N- Drink milk/water all day. S/A-	19 A- Go the whole day without watching TV or playing video games! N- Eat 2 different vegetables S/A-	20 A- Waking up with the Wolves N-Eat 2 pieces of fruit S/A-	21 A- Go outside and play for an hour N- Make healthy lunch choices S/A-	22 A- Go for an early morning walk as a family N- Eat at least 2 Different vegetables S/A- Happy Thanksgiving	23 A- Jump forward 15 times in row as far as you can N- Avoid salty snacks all day S/A-	24 A- Have a family dance party—3 different songs N -Help mom/dad make a healthy meal S/A-
25 A- Go for a walk/jog with a family member N-Help make your healthy lunch for tomorrow S/A-	26 A-Jog one minute in each room of your house N- Eat your healthy lunch S/A-	27 A- Waking up with the Wolves N- Eat a healthy breakfast S/A-	28 A- FREE CHOICE N- drink water all day S/A-	29 A- Hold plank for 45 seconds (2X) N- Eat 2 different vegetables S/A-	30 A- Go to a park and play N-Help mom/dad with one meal S/A-	

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 the school early and participate in a physical fitness game. I will inform the students who were randomly picked by the end of the school day on December 6th.

Congrats



see you then

Sorry



please try again

K-5 **Friday December 7th** from 8:00-8:35

Student Name (please print)

Teacher

Parent Signature