



Activity/Nutrition Calendar

Print and Post on your Refrigerator

August/September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			29 A- Do a plank for 45 seconds N-Drink water/milk all day S/A-	30 A- Jog in place for 1 minute in 4 different rooms in your house. N-Eat a rainbow plate dinner S/A-	31 A- Jump up and down 20 times N-Eat at least 2 different vegetables. S/A-	1 A- Go play at the park N-Try a new vegetable S/A-
2 A-Go on a family walk N-Eat 2 fruits and 2 vegetables S/A-	3 A-Go for a bike ride N-Eat a rainbow plate for lunch S/A-	4 A- Waking up with the Wolves (8am) N-Eat a real piece of fruit in place of a bag of fruit snacks S/A-	5 A- Do 50 shoulder touches two times throughout the day N- Drink milk/water all day. S/A-	6 A- Hold Superman twice for 30 seconds each time. N-Help pack your healthy lunch S/A-	7 A- Go on a bike ride with a family member N- Bring and eat your healthy lunch S/A-	8 A- Challenge mom/dad and see who can hold a superman longer N- No pop or sugary snacks all day S/A-
9 A- Play outside for 30 minutes N- Drink milk/water all day. S/A-	10 A- Do 30 squats in the am, and 30 in the pm. N- No pop or sugary snacks all day S/A-	11 A- Waking up with the Wolves (8am) N-Drink milk/water all day S/A-	12 A- Jump as high as you can 20 times N- Bring and eat healthy lunch S/A-	13 A-Plank contest vs. a family member N- No cookies all day S/A	14 A- Play any game outside with a family member N-No pop or sugary snacks all day S/A-	15 A- Go for a family walk together N -Help mom/dad make a healthy meal for breakfast, lunch, or dinner S/A-
16 A- Go play at the park N-Try a new vegetable S/A-	17 A- 30 sit-ups N- Eat 2 different fruits S/A-	18 A- Waking up with the Wolves (8am) N- Avoid salty snacks S/A	19 A- Hold Plank position for 2 total minutes N- bring and eat a healthy snack S/A-	20 A- Jog 2 laps around the Wass track N- drink milk/water all day S/A-	21 A- Walk or Ride your bike to school N- Eat a healthy lunch S/A-	22 A- Help your family with some outside chores N- Eat 2 servings of vegetables S/A-
23 A- Run/Walk 1 Mile w/ an older family member N-drink milk/water all day S/A-	24 A- 60 shoulder touches twice during the day N- bring and eat a healthy snack S/A-	25 A- Waking up with the Wolves (8am) N- Eat one fruit and one vegetable S/A	26 A- Walk or Ride your bike to school N- No cookies all day S/A-	27 A- Dance around your house to 2 different songs N- Choose milk or water over juice S/A-	28 A- Jog 2 laps around the Wass track N- Bring and eat a healthy snack S/A-	29 A-Go on a family walk N-Eat 2 fruits and 2 vegetables 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 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 **October 3rd**.

Congrats



see you then

Sorry



please try again

K-5 Friday October 5th (8:00-8:35)

Student Name (please print)

Teacher

Parent Signature