



Activity/Nutrition Calendar

January

Print and Post on your Refrigerator

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2	3	4	5	6
			A- ABC shoulder touches three times during the day N- Eat 2 fruits and 2 vegetables S/A-	A- Plank contest N-Drink milk and/or water all day S/A-	A- 20 Squat jumps N- Eat 2 different vegetables S/A-	A- Dress Warm and go for a walk with an adult N- No pop or sugary snacks all day S/A-
7	8	9	10	11	12	13
A- Create a 10 minute Exercise routine N- Check your plates all day, do they look like a RAINBOW? S/A-	A- 40 mountain climbers N- Eat a healthy breakfast S/A-	A- Waking up with the Wolves N-Rainbow dinner plate? S/A-	A- 15 burpees N- drink milk/water all day S/A-	A- bottom balance contest N- No candy all day S/A-	A-Jump up and down 30 times N- Avoid salty snacks all day S/A-	A- Bear Crawl around your house N-FREE CHOICE S/A-
14	15	16	17	18	19	20
A- FREE CHOICE N-Drink water all day S/A-	A- Go up/down your stairs 10x (Up/Down=1) N- Eat 2 fruits and 2 vegetables S/A-	A- Waking up with the Wolves N-Rainbow lunch plate? S/A-	A- hold plank for 2 total minutes N- Make your own healthy lunch S/A-	A- Make up a new exercise and teach one other person N- bring and eat a healthy snack S/A-	A- Go the whole day without watching TV or playing video games! N- Eat 2 fruits and 2 vegetables S/A-	A- Perform the wheel barrow with a family member 3 times N- Eat at least one fruit and one vegetable S/A-
21	22	23	24	25	26	27
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-	A- Make up a new dance and show one other person N-Bring and eat a healthy snack to school S/A-	A- Waking up with the Wolves N-Rainbow breakfast plate? S/A-	A- 4 superman's for 10 seconds each N-Name the 2 fruits you ate today? S/A-	A- Jog in place for 2 minutes in 5 different rooms in your house N-Eat 3 different vegetables S/A-	A- do 15 up/down over/under with a partner N- Check your plates all day, do they look like a RAINBOW? S/A-	A-Family dance party to 3 songs N- Help make a meal with an adult S/A-
28	29	30	31	Please turn in your calendar		
A-Hold Bottom balance for 2 minutes N- Help make a healthy rainbow plate dinner S/A-	A-15 push-ups N- Help pack your healthy lunch	A- Waking up with the Wolves N-Rainbow dinner plate? S/A-	A- Free choice N-Eat a healthy lunch 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 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 Thursday February 8th from 8:00-8:35

Student Name (please print)

Teacher

Parent Signature