

# Healthy Habits Calendar



Student Name \_\_\_\_\_

Class \_\_\_\_\_

## April

Sunday

Monday


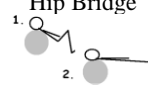

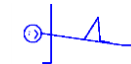
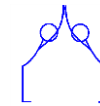
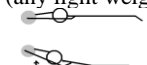
Tuesday

Wednesday

Thursday

Friday

Saturday

							<b>1</b>
		\					Go to be before 9:00 and we're not Kidding
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
Go to a park and play	What two teams played in the NCAA championship? mens or womens	Choice (write in)	Core Exercise: Double Crunch 	Exercise Ball: Hip Bridge 	Have 5 a Day! fruit or vegetable Try at least one at each meal	Exercise your age in minutes Ex. A 9 year old runs for 9 min.	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
Call/talk to a grandparent or special friend	Core Exercise: Commandos 	Choice (write in)	Practice your sit and reach	Yoga Balance: Arrow 	Skip one lap forward and one backward around your house	Take a vacation from electronics for one day	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
Punt, Pass, and/or Kick a ball for distance	Run a mile as fast as you can	Choice (write in)	Practice the spring sport of _____ for at least 30 min.	Yoga Partner: Roof Tops 	Play an outside game Hide and Seek Tag, etc.	Help with Spring Cleaning	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
Go for a family walk	Attend an athletic event and get an autograph	Choice (write in)	Safe Routes to School <u>Walk to school if you can.</u>	Ride a bike	Jump Rope 100X	Core: Back Extension (any light weight) 	

**30**  
Parent's Choice:  
\_\_\_\_\_

My Child has completed a minimum of 20 of the above healthy habits.

Parent Signature: \_\_\_\_\_

**Please remember to bring Healthy Habits Calendar back by Monday, May 1st!**