

Live Healthy Iowa Kids 2010

- * 60 minutes of physical activity at least 5 days a week
- * Track how many fruits you eat each day
- * Please turn in your calendar to your Team Captain at the end of the month

First Reporting Period: January 19 – February 14, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		January 19 Program Begins!	20	21	22	23
24	25	26	27	28	29	30
31	February 1	2	3	4	5	6
7	8	9	10	11	12	13
14 Turn in sheet to Team Captain!						

