

Live Healthy Iowa Kids 2010

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

2nd Reporting Period: February 15 – March 14, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	15	16	17	18	19	20
	_____	_____	_____	_____	_____	_____
21	22	23	24	25	26	27
_____	_____	_____	_____	_____	_____	_____
28	March 1	2	3	4	5	6
_____	_____	_____	_____	_____	_____	_____
7	8	9	10	11	12	13
_____	_____	_____	_____	_____	_____	_____
14						
Turn in sheet to Team Captain!						

