

Live Healthy Iowa Kids 2010

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

3rd Reporting Period: March 15 – April 9, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	15	16	17	18	19	20
	_____	_____	_____	_____	_____	_____
21	22	23	24	25	26	27
_____	_____	_____	_____	_____	_____	_____
28	29	30	31	1	2	3
_____	_____	_____	_____	_____	_____	_____
4	5	6	7	8	9	
_____	_____	_____	_____	_____	Turn in sheet to Team Captain!	

