

Grade _____ Teacher _____

Name _____

April 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ○ Healthy Snack Swap ○ Burpees 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	2 ○ Healthy Snack Swap ○ Burpees 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	3 ○ Healthy Snack Swap ○ Burpees 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	4 ○ Healthy Snack Swap ○ Burpees 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	5 ○ Healthy Snack Swap ○ Burpees 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	6 ○ Healthy Snack Swap ○ Burpees 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	7 ○ Healthy Snack Swap ○ Burpees 3x10 ○ Screen Time Swap (Healthy Activity 30 min)
8 ○ Healthy Snack Swap ○ Pushups 2x10 ○ Screen Time Swap (Healthy Activity 30 min)	9 ○ Healthy Snack Swap ○ Pushups 2x10 ○ Screen Time Swap (Healthy Activity 30 min)	10 ○ Healthy Snack Swap ○ Pushups 2x10 ○ Screen Time Swap (Healthy Activity 30 min)	11 ○ Healthy Snack Swap ○ Pushups 2x10 ○ Screen Time Swap (Healthy Activity 30 min)	12 ○ Healthy Snack Swap ○ Pushups 2x10 ○ Screen Time Swap (Healthy Activity 30 min)	13 ○ Healthy Snack Swap ○ Pushups 2x10 ○ Screen Time Swap (Healthy Activity 30 min)	14 ○ Healthy Snack Swap ○ Pushups 2x10 ○ Screen Time Swap (Healthy Activity 30 min)
15 ○ Healthy Snack Swap ○ Burpees 3x15 ○ Screen Time Swap (Healthy Activity 30 min)	16 ○ Healthy Snack Swap ○ Burpees 3x15 ○ Screen Time Swap (Healthy Activity 30 min)	17 ○ Healthy Snack Swap ○ Burpees 3x15 ○ Screen Time Swap (Healthy Activity 30 min)	18 ○ Healthy Snack Swap ○ Burpees 3x15 ○ Screen Time Swap (Healthy Activity 30 min)	19 ○ Healthy Snack Swap ○ Burpees 3x15 ○ Screen Time Swap (Healthy Activity 30 min)	20 ○ Healthy Snack Swap ○ Burpees 3x15 ○ Screen Time Swap (Healthy Activity 30 min)	21 ○ Healthy Snack Swap ○ Burpees 3x15 ○ Screen Time Swap (Healthy Activity 30 min)
22 ○ Healthy Snack Swap ○ Pushups 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	23 ○ Healthy Snack Swap ○ Pushups 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	24 ○ Healthy Snack Swap ○ Pushups 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	25 ○ Healthy Snack Swap ○ Pushups 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	26 ○ Healthy Snack Swap ○ Pushups 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	27 ○ Healthy Snack Swap ○ Pushups 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	28 ○ Healthy Snack Swap ○ Pushups 3x10 ○ Screen Time Swap (Healthy Activity 30 min)
29 ○ Healthy Snack Swap ○ Pushups 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	30 ○ Healthy Snack Swap ○ Pushups 3x10 ○ Screen Time Swap (Healthy Activity 30 min)	Youth Be Well Healthy Snack Swap = 1 point (Swap for healthy alternatives!) Burpees = 1 point Pushups = 1 point Screen Time Swap = 1 point (Swap for healthy activity for 30 minutes!) Maximum points = 3 points per day <i>Turn in your signed calendar with the total for a chance to win prizes!</i> TOTAL Points for Month  _____ Parent Signature Date				

Youth Be Well!



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Be Well



All are welcome to join in the fun!

*Each month items are added online—
Calendars, Videos, Articles & more
to help your family Be Well.*

SaundersMedicalCenter.com/be-well/youth.html



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Be Well.

Youth Be Well!

April Challenges

Pushups • Burpees • Healthy Snack Swap • Screen Time Swap

See the website for more details & videos!