

January 2019



Grade _____ Teacher _____

Name _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>TOTAL Points for Month</p> <p>Parent Signature _____ Date _____</p>		<p>1</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>2</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>3</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>4</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>5</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2
<p>6</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>7</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>8</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>9</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>10</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>11</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>12</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2
<p>13</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>14</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>15</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>16</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>17</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>18</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>19</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2
<p>20</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>21</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>22</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>23</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>24</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>25</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>26</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2
<p>27</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>28</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>29</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>30</p> <ul style="list-style-type: none"> ○ Healthy Snack Swap ○ Activity 1 ○ Activity 2 	<p>31</p>	<p>Youth Be Well</p> <p>Healthy Snack Swap = 1 point (Swap for healthy alternatives!)</p> <p>Burpees = 1 point Pushups = 1 point</p> <p>Screen Time Swap = 1 point (Swap for healthy activity for 30 minutes!)</p> <p>Maximum points = 3 points per day</p> <p>Turn in your signed calendar with the total for a chance to win prizes!</p>	

Youth Be Well!



Saunders
MEDICAL CENTER

Be Well.