

Grade _____ Teacher _____

Name _____

February 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	2 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	3 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)
4 ○ Planks 2 sets, 15 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	5 ○ Planks 2 sets, 15 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	6 ○ Planks 2 sets, 15 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	7 ○ Planks 2 sets, 15 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	8 ○ Planks 2 sets, 15 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	9 ○ Planks 2 sets, 15 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	10 ○ Planks 2 sets, 15 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)
11 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	12 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	13 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	14 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	15 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	16 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	17 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)
18 ○ Planks 2 sets, 30 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	19 ○ Planks 2 sets, 30 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	20 ○ Planks 2 sets, 30 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	21 ○ Planks 2 sets, 30 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	22 ○ Planks 2 sets, 30 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	23 ○ Planks 2 sets, 30 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	24 ○ Planks 2 sets, 30 seconds each ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)
25 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	26 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	27 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	28 ○ Run in Place 2-3 minutes ○ Brush Teeth 2 times ○ Screen Time Swap (Healthy Activity 30 min)	Complete & Win Prizes! Run/Planks = 1 point Brush Teeth = 1 point Healthy Activity = 1 point (Swap 30 min of screen time) Maximum points = 3 points per day Turn in your signed calendar with the total for a chance to win prizes.		
				Total Points for Month _____ Parent Signature _____ Date _____		

Youth Be Well!

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Be well.