

# February 2019



Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Name \_\_\_\_\_

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

TOTAL Points  
for Month



Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

## Youth Be Well

Brush teeth 2x per day

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

Turn in your signed calendar with the total for a chance to win prizes!

1

- Screen Time Swap
- Activity 1
- Activity 2

2

- Screen Time Swap
- Activity 1
- Activity 2

3

- Screen Time Swap
- Activity 1
- Activity 2

4

- Screen Time Swap
- Activity 1
- Activity 2

5

- Screen Time Swap
- Activity 1
- Activity 2

6

- Screen Time Swap
- Activity 1
- Activity 2

7

- Screen Time Swap
- Activity 1
- Activity 2

8

- Screen Time Swap
- Activity 1
- Activity 2

9

- Screen Time Swap
- Activity 1
- Activity 2

10

- Screen Time Swap
- Activity 1
- Activity 2

11

- Screen Time Swap
- Activity 1
- Activity 2

12

- Screen Time Swap
- Activity 1
- Activity 2

13

- Screen Time Swap
- Activity 1
- Activity 2

14

- Screen Time Swap
- Activity 1
- Activity 2

15

- Screen Time Swap
- Activity 1
- Activity 2

16

- Screen Time Swap
- Activity 1
- Activity 2

17

- Screen Time Swap
- Activity 1
- Activity 2

18

- Screen Time Swap
- Activity 1
- Activity 2

19

- Screen Time Swap
- Activity 1
- Activity 2

20

- Screen Time Swap
- Activity 1
- Activity 2

21

- Screen Time Swap
- Activity 1
- Activity 2

22

- Screen Time Swap
- Activity 1
- Activity 2

23

- Screen Time Swap
- Activity 1
- Activity 2

24

- Screen Time Swap
- Activity 1
- Activity 2

25

- Screen Time Swap
- Activity 1
- Activity 2

26

- Screen Time Swap
- Activity 1
- Activity 2

27

- Screen Time Swap
- Activity 1
- Activity 2

28

- Screen Time Swap
- Activity 1
- Activity 2

# Youth Be Well!



**Saunders**  
MEDICAL CENTER

*Be Well.*