



Sunday



Monday

Tuesday

Wednesday

Thursday

# January 2016



Friday

Saturday



3

Have some beans with dinner.

4

Have kids help write the grocery list.

5

Make a list of the vegetables in season.

6

Bring the kids into the kitchen to help.

7

Have kids help create the weekly menu.

8

Enjoy some dark chocolate for a once in while treat.

9

Take a family walk.

10

Nuts make a great snack.

11

Go meatless this Monday.

12

Walking in the snow uses more muscles and burns more calories.

13

Share your day during meal time.

14

Make a plate filled with colors of the rainbow.

15

Try some 100% oat bran.

16

Try a pedometer to count your steps.

17

National Soup Month. Add some vegetables to your favorite soup.

18

National tea month. Warm up with soothing non-caffeinated tea.

19

Celebrate your healthy goals and renew your commitment.

20

Bundle up and take a nature walk.

21

Put sugary/fatty snacks out of sight.

22

Laugh as a family. Share some jokes.

23

Eat foods from all five of the food groups..

24/31

Try some pistachios mixed with some dried fruit.

25

Oatmeal Month. Oatmeal for breakfast has lots of fiber.

26

Check your BMI scores.

27

Set aside time every day for a mini family activity.

28

Have kids help create the weekly menu.

29

Try half whole wheat pasta mixed with regular pasta.

30

Post a tracking sheet on the refrigerator.

