



January 2010



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



3

Have your child track their progress

4

Encourage your child to track their goals with lots of enthusiasm.

5

Have kids pick activities they like! Being healthy is fun.

6

Have kids help in the kitchen.

7

Beans are now listed in the "meat group" because they are packed with protein.

1

Have a family meeting about healthy habits

2

Help your child set one healthy goal

8

Try to limit overall TV and "screen" time to 2 hours a day.

9

Be patient. It takes time to change habits

10

Have kids help with the weekly menu.

11

Think small. You can reach any goal with one focused step at a time.

12

You don't need a gym to be active. Take a walk.

13

Leave fruit cut up for a quick and healthy snack.

14

Look for 100% when buying whole wheat.

15

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

16

Talk about your healthy goals during meal time.

17

Have kids help pick the vegetables in the grocery store.

18

Build healthy habits together as a family this winter.

19

Try to walk 10,000 steps a day!

20

Celebrate your child's and family's successes.

21

Making pasta tonight? Make it a healthy dinner by using whole-wheat pasta.

22

Praise your child for trying to change habits. Be encouraging.

23

Bundle up and take a walk to the library.

24/31

Get rid of unhealthy snacks that can derail your child's goals.

25

Evaluate your family's healthy goals.

26

Be positive. Smiling is good for your health.

27

Choose lean meats such as chicken breast, lean ham or roast beef.

28

You can add lots of vegetables in soups for a filling and delicious dinner meal.

29

Leave your child a fun healthy note in their lunch box

30

Set aside time everyday for daily activity. Make it part of your family's routine.

