

# HEALTHY CHALLENGE CALENDAR

Child's Name \_\_\_\_\_



Eat **MORE**  
Fruits and Veggies



Eat **MORE**  
Low-Fat Dairy



Drink **LESS**  
Soda/Sweetened  
Beverages



Eat **LESS**  
Fast Food



Be **MORE** Active

Can you improve  
at least one healthy  
habit this week?

Today's Date: \_\_\_\_\_

	Circle how many servings	Circle how many servings	Circle how many servings	Circle how many visits for meals or snacks	Circle how many minutes of activity (outside of school)
Friday	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 15 30 45 60
Saturday	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 15 30 45 60
Sunday	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 15 30 45 60
Monday	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 15 30 45 60
Tuesday	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 15 30 45 60
Wednesday	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 15 30 45 60
Thursday	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5	0 15 30 45 60

Make family  
time an active  
time! Walk,  
bike and play  
together.

Includes fresh, frozen, dried and canned fruits and vegetables.

Does NOT include potato chips, French fries, fried potatoes or ketchup.

**Sample serving sizes:**

- 1 small to medium piece of fruit or melon wedge
  - 3/4 cup of juice
  - 1/2 cup canned fruit
  - 1/4 cup dried fruit
- 1/2 cup chopped raw or cooked vegetables
- 1 cup raw, leafy greens

Includes low-fat milk, low-fat yogurt, and low-fat cheese.

**Sample serving sizes:**

- 1 cup of low-fat milk or yogurt
- 2 ounces of cheese (2 one-inch cubes, 3 tablespoons grated cheese, 3 slices of wrapped cheese)

Includes all carbonated beverages (diet and regular, flavored sodas and root beer), all sweetened beverages (like Sunny D, Capri Sun, Kool-Aid, lemonade, fruit juice drinks) and all sport drinks (Gatorade, Powerade, Capri Sun Sport, etc.)

**Sample serving size:**

- 6 ounces of soda

Includes all fast food chains (like McDonald's, KFC, Hardee's, Domino's, Pizza, Taco Bell, etc.)

Includes other fast-food restaurants that provide quick service, inexpensive food, have the option of eating in, carrying out or driving through, and have no wait staff.

Includes all moderate physical activity (such as walking, dancing, biking and skating) and vigorous physical activity (such as jogging, running, swimming and jumping rope) that is done continuously for at least 15 minutes.

Funding provided by:

