















Food and Activity Calendar



Draw a line across the box when the parent completes the item in the box.

Draw a line across the box when the child completes the item in the box.

Option—Use stickers for each activity completed. One color for adults, a different color for a child.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make family time an active time. Go for a family walk	Eat an orange fruit or vegetable 	Walk up and down a flight of stairs three times	Make a smoothie with lowfat or fat-free milk or yogurt and fruit	Eat some beans or nuts 	Try two bites of a new fruit or vegetable	Look for food labels that say "whole grain" at the grocery store
Look at the school lunch menu and circle all the vegetables you like	Eat a whole grain food 	Ride a bike or take a walk 	Eat dinner together as a family	Try to balance on one foot 	Eat a dark green vegetable 	Look at a juice label at home or at the store. Is it 100% juice?
Make a yogurt parfait with fruit 	Play Simon Says. Parents can hold weights while they play	Have at least two different vegetables at dinner	Do not watch any TV today 	Make a list of the snacks you like that are not high in solid fat or added sugar	Cook something together 	Eat breakfast together as a family
Have a contest. Who can do the most jumping jacks during a commercial	Eat some lowfat cheese 	Eat a food with vitamin C: an orange, strawberries, or a tomato	Play the MyPyramid Blast Off game on your computer	Put on some music and dance	Eat a raw fruit or vegetable 	Play outside 
Eat a lean protein food, like fish, dry beans, or meat without a lot of fat	Try a new food 	Have a ball toss	Eat a dried fruit: dried plums, apricots, or raisins	Make a healthy snack 	Read the food label of two cereal boxes and compare	Keep track of the number of foods you eat from MyPyramid