

FAMILY WARRIORS !

BODY QUEST FAMILY CALENDAR

EAT SMART, PLAY SMART, STAY SMART!

Keep track of your family's warrior activities by drawing a star, heart, or smiley face on days you eat smart, play smart, and stay smart!

EAT SMART (Make healthy food choices.)

- Eat a new vegetable.
- Try a vegetable again.
- Eat a new fruit.
- Taste a fruit again.
- Plan a balanced meal as a family.
- Sit down at the table and eat with my family.

PLAY SMART (Get active.)

- Cut back on TV or computer games.
- Play a sport or play outside.
- Ride a bike.
- Take a walk.
- Clean my room.
- Dance.
- Walk the family pet.

STAY SMART (Practice healthy habits.)

- Get 8 to 11 hours of sleep.
- Drink water instead of soda.
- Eat foods with fiber.
- Choose fruit for a snack.
- Laugh with friends and family.
- Write or draw in my journal.
- Read a good book or magazine.

WARRIOR !
CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

WARRIOR CALENDAR

! BODY QUEST FAMILY CALENDAR

NAME _____ MONTH _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

BODY QUEST

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP, which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. USDA is an equal opportunity provider and employer. To find out more, contact a county food assistance office or a county Extension office. The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!

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