



# Be a CATCH Summertime MVP! Stay Active! ♦ Eat Healthy!



June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>The CATCH Home Team Calendar is a voluntary daily activity outside of school and the after school program. Try to complete each daily task and have an adult initial it when you're done.</b></p>		<p>1 How many times can you toss and catch a ball without it bouncing?</p>	<p>2 Eat at least one piece of fruit today.</p>	<p>3 Draw a picture of your favorite GO activity (those that make you breathe harder).</p>	<p>4 Play outside for at least 30 minutes.</p>	<p>5 Eat a vegetable that you have not tried before.</p>
<p>6 Go to a park with your family or friends.</p>	<p>7 Go the whole day without drinking a soda.</p>	<p>8 Spend less than 2 hours watching TV, playing video games, or on the computer.</p>	<p>9 With an adult, make plans to spend a day at a pool, beach, or a lake.</p>	<p>10 Drink 8 cups of water today.</p>	<p>11 Find your heart rate before and after you play.</p>	<p>12 Eat 5 servings of fruits and/or vegetables today.</p>
<p>13 Take a 20 minute walk with a family member.</p>	<p>14 Have a piece of fruit with your breakfast.</p>	<p>15 Spend less than one hour playing video games.</p>	<p>16 Do 10 push-ups or sit ups today.</p>	<p>17 Help your family cook a healthy dinner.</p>	<p>18 Make a list of your favorite everyday foods and post it on the fridge.</p>	<p>19 Make a healthy afternoon snack with at least 2 healthy ingredients.</p>
<p>20 Get 10 hours of sleep tonight.</p>	<p>21 Invent your own game and invite your friends or family to play it with you.</p>	<p>22 To quench your thirst, only drink water or low-fat milk today.</p>	<p>23 Draw a picture of your favorite game and post it in your room.</p>	<p>24 Do a chore around the house like vacuum, dust, or mop.</p>	<p>25 Play Ball! Bounce, throw, or kick a ball against a wall.</p>	<p>26 Ask your parents to use parking spaces further away when you go out today.</p>
<p>27 Make up your own obstacle course. Share it with friends and family.</p>	<p>28 Try to find 2 different everyday foods in your house and give them a try.</p>	<p>29 Spend 15 minutes stretching with your family after dinner.</p>	<p>30 Put fresh fruit in your cereal or on a piece of toast.</p>			



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July 2010

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				1 Play outside for at least 30 minutes.	2 Eat at least 1 piece of fruit.	3 Eat 5 servings of fruit and/or vegetables today.
4 <b>HAPPY 4TH OF JULY!</b> Play outside for one hour today.	5 To quench your thirst, only drink water or low-fat milk today.	6 Spend less than one hour playing video games.	7 With an adult, make plans to spend a day at a pool, beach, or lake.	8 Go the whole day without drinking soda.	9 Stretch or do yoga for 10 minutes before you go to bed.	10 Make up your own game and ask friends and family to play it with you.
11 Spend less than 2 hours watching TV, playing video games, or on the computer.	12 Drink 8 cups of water today.	13 Take a 20 minute walk with a family member.	14 Make a healthy afternoon snack with at least 2 healthy ingredients.	15 Write a short poem or a song about being healthy.	16 Make up your own obstacle course.	17 Have a piece of fruit with your lunch today.
18 Get 10 hours of sleep tonight.	19 How many times can you toss and catch a ball without it bouncing?	20 Play Ball! Bounce, throw, or kick a ball against a wall.	21 Teach someone your favorite game you learned in your after school program.	22 Put fresh fruit on your cereal or on a piece of toast.	23 Spend 15 minutes stretching with your family after dinner.	24 Do a chore outside like sweep, garden, or weeding.
25 Make a fresh fruit salad with at least 3 different colors.	26 Try to find 2 different go foods in your house and give them a try.	27 Do 10 push-ups or sit-ups today.	28 Help your family cook a healthy dinner.	29 Make a new list of your favorite everyday foods and post on your fridge.	30 Teach yourself to juggle. Start with plastic bags then try it with balls.	31 Try a vegetable you have not tried before.



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## August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Try a new fruit you have not tried before.	2 Spend less than one hour playing video games today.	3 Drink 8 cups of water today.	4 With an adult, plan a nature hike in the woods.	5 Play Ball! Bounce, throw, or kick a ball against a wall.	6 Have a piece of fruit with your breakfast.	7 Spend less than 2 hours watching TV, playing video games, or on the computer.
8 Make up your own obstacle course.	9 With an adult, make plans to spend a day at a pool, lake, or the beach.	10 Go the whole day without drinking soda.	11 Do a chore around the house like vacuum, dust, or mop.	12 Eat 5 servings of fruit and/or vegetables.	13 Ask your parent to use parking spaces further away when you go out today.	14 Play outside for at least one hour.
15 Try to find 2 different everyday foods in your house today and give them	16 Find your heart rate before and after you play.	17 Make a healthy afternoon snack using at least 2 healthy ingredients.	18 Take a 20 minute walk with a family member.	19 Stretch or do yoga for 10 minutes before you go to bed.	20 Draw a picture of your favorite game and post it in your room.	21 Invent your own game and plan on sharing it with your after school
22 To quench your thirst today, only drink water or low-fat milk.	23 Get 10 hours of sleep tonight.	24 Eat a healthy breakfast.	25 Eat a piece of fruit with your lunch today.	26 Do 10 push ups or sit ups today.	27 Free Day!	28 Go to a park with your family or friends today.
29 Help your family cook a healthy dinner	30 Free Day!	31 Free Day!				