



# Be a CATCH Summertime MVP

Move & stay active - Value healthy eating - Practice healthy habits

**JUNE 2009**

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

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<p>* The CATCH Home Team Calendar is a voluntary daily activity conducted outside of school. Try to complete each daily task, have an adult initial the box when you're done.</p>			<p>1 Play outside for at least 30 Minutes.</p>	<p>2 Eat at least 1 piece of fruit.</p>	<p>3 Eat 5 servings of fruit and/or vegetables.</p>	<p>4 Happy 4th of July! Play outside for at least 1 hour.</p>
<p>5 To quench your thirst today, only drink water and milk.</p>	<p>6 Spend less than 1 hour playing video games.</p>	<p>7 With an adult, make plans to spend a day at the pool or lake.</p>	<p>8 Go the whole day without drinking a soda.</p>	<p>9 Stretch or do yoga for 10 minutes before you go to bed.</p>	<p>10 Create a game using a clean sock and a laundry basket - be careful!</p>	<p>11 Drink 8 cups of water today</p>
<p>14 Spend less than 2 hours watching TV.</p>	<p>15 Take a 20 minute walk with a family member.</p>	<p>16 Make a healthy afternoon snack using at least 2 healthy ingredients.</p>	<p>17 Write a short poem or a song about the importance of being healthy.</p>	<p>18 Make up your own obstacle course.</p>	<p>19 Have a piece of fruit with your lunch.</p>	<p>20 Get 10 hours of sleep tonight.</p>
<p>21 How many times can you toss and catch a ball without it bouncing?</p>	<p>22 Invent your own game and invite your friends or family to play it with you.</p>	<p>23 Play Ball! Bounce, throw or kick a ball against a wall.</p>	<p>24 Teach someone your favorite game from PE class.</p>	<p>25 Put fresh fruit in your cereal or on a piece of toast.</p>	<p>26 Spend 15 minutes stretching with your family after dinner.</p>	<p>27 Do a chore outside like sweep, mowing or gardening.</p>
<p>28 Make a fruit salad with at least 3 different colors of fruit.</p>	<p>29 Try to find 2 different GO foods in your house and give them a try.</p>	<p>30 Do push-ups, sit-ups or stretch when commercials are on TV.</p>	<p>29 Help your family cook a healthy dinner.</p>	<p>30 Make a new list of your favorite GO foods and post it on the refrigerator.</p>	<p>31 Teach yourself to juggle. Start with plastic bags then try it with balls.</p>	

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August 2009

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	<p>* The CATCH Home Team Calendar is a voluntary daily activity conducted outside of school. Try to complete each daily task, have an adult initial the box when you're done.</p>					2 Try a new fruit you have not tried before.
3 Spend less than 1 hour playing video games.	1 With an adult, make plans to spend a day at the pool or lake.	5 Drink 8 cups of water.	4 Take a 20 minute walk with a family member.	6 Play ball! Bounce, throw or kick a ball against a wall.	7 Have a piece of fruit with your breakfast.	8 Spend less than 2 hours watching TV.
9 Make up your own obstacle course.	10 Make a healthy afternoon snack using at least 2 healthy ingredients.	11 Help your family cook a healthy dinner.	12 Do a chore around the house like vacuum, dust or mop.	13 Eat 5 servings of fruit and/or vegetables.	14 Ask your parents to use parking spaces further away when you go out today.	15 Play outside for at least 1 hour.
16 Try to find 2 different GO foods in your house and give them a try.	17 Find your heart rate, before and after you play.	18 Stretch or do yoga for 10 minutes before you go to bed.	19 Go the whole day without drinking a soda.	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 PE teacher.	22 To quench your thirst today, only drink water and milk.
23 Get 10 hours of sleep tonight.	24 Eat a healthy breakfast.	25 Eat a piece of fruit with your lunch.	26 Free Day! You make your own healthy choice.	27 Free Day! You make your own healthy choice.	28 Free Day! You make your own healthy choice.	29 Go to a park with your family or friends.
30 Free Day!	31 Free Day!					