

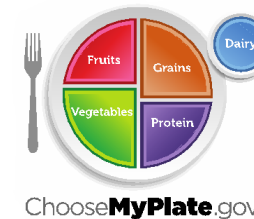


Name: \_\_\_\_\_

Email: \_\_\_\_\_

### Activities:

- Fill your plate  $\frac{1}{2}$  full of vegetables & fruits two meals each day.
- Aim for 30 minutes of movement at least 5 times a week.
- Focus on strategies to improve sleep.
- Use nutrition labels to check saturated fat and sodium content.
- Complete the bonus activities on back of calendar.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 1	2	3	4	5	6
<b>Choose a red fruit and vegetable</b>						
7	8	9	10	11	12	13
<b>Set a reminder to move every 30 minutes</b>						
14	15	16	17	18	19	20
<b>Unplug from devices 1 hour before bedtime</b>						

21 <b>Show gratitude to someone</b>	22	23	24	25	26	27
28 <b>Order sauces and dressings on the side</b>	March 1	2	3	4	5	6
7 <b>Make time for a hobby</b>	8	9	10	11	12	13
14	15					
<b>Record the <u>date you:</u></b>	<b>Wear red</b>	<b>Plan a meal and cook at home</b>	<b>Try a new fruit or vegetable</b>	<b>Thank someone for their help</b>	<b>Call a friend or family member</b>	<b>Choose a lower sodium option</b>

Email or Fax results to: **Shannon Carter -carter.413@osu.edu or 740-687-7010 (Fax) by March 15.**



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
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