



**Purpose:**

*This calendar encourages families to be mentally and physically active this summer. Take steps toward a healthier lifestyle while learning.*

**Directions:**

*After a student completes an activity, an adult should place their initials and a check mark in the space provided.*

✓ Done	Day	Activity
	1	Summer Fun: Do anything you enjoy that involves moving.
	2	Read a book while standing or walking in place.
	3	Take a walk.
	4	Think about what you eat. Make at least 1 healthy choice today.
	5	Do some yoga today. Search YouTube for ideas.
	6	July is Picnic Month. Pack a lunch and take a hike!
	7	Do as many reps as you can of any exercise. Track your progress.
	8	Family Game: Play a game that uses dice or spinners.
	9	Read a book while standing or walking in place.
	10	Take a walk.
	11	Think about what you eat. Make at least 2 healthy choices today.
	12	Play Hopscotch. Search YouTube for the rules.
	13	July is Anti-Boredom Month. Stay active today!
	14	Do as many reps of the same exercise from July 7th. Track your progress.
	15	Jump rope to a song or rhyme. Search YouTube for Jump Rope Songs
	16	Read a book while standing or walking in place.
	17	Take a walk. Talk about math. What shapes do you see on signs you pass?
	18	Find the Math: When washing dishes, sort objects by similarities and differences.
	19	Do some yoga today. Search YouTube for ideas.
	20	July is Ice Cream Month. Stay active and reward yourself with a treat!
	21	Do as many reps of the same exercise from July 7th. Track your progress.
	22	Ride a bike. What different colors do you notice.
	23	Read a book while standing or walking in place.
	24	Take a walk. Count the number of birds you see.
	25	Think about what you eat. Make at least 4 healthy choices today.
	26	Do some yoga today. Search YouTube for ideas.
	27	July is Blueberry Month. Remember to get 3 servings of fruit today.
	28	Talk about math while cooking. <a href="#">This tip sheet will help you get started.</a>
	29	Do as many reps of the same exercise. How many did you do?
	30	Read a book while standing or walking in place.
	31	Take a walk.