



VIBE ON-LIFE

NAME:

MONTH:

Staying active can be fun!!! Let's get moving!!!

On the calendar below, write or draw a picture every day that you exercise that describes the type of exercise you did:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Goal: Get 60 minutes of exercise each day! Did you know that kids who get at least 60 minutes of active play each day perform better in school?!?!?

Tips: Play tag, jump on the trampoline, kick a soccer ball, dance, swim, do gymnastics, or endless other options for activity. The type of movement doesn't matter. Just get moving!!!

Reward you will earn if you do 15 days of exercise: _____ 20 days of exercise: _____ 25 days of exercise: _____

*Make rewards -food items like a book, pack of baseball cards, doll, toy, or time spent with parents doing a fun activity (i.e. go to the train park).

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We're here for you. Reach out for anything you need:

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