



Name: _____

Email: _____

Activities:

- Fill your plate ½ 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
Choose a red fruit and vegetable						
7	8	9	10	11	12	13
Set a reminder to move every 30 minutes						
14	15	16	17	18	19	20
Unplug from devices 1 hour before bedtime						

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

Email or Fax results to: **Lorrissa Dunfee – Dunfee.54@osu.edu or 740-695-5614 (Fax) by March 15.**



THE OHIO STATE UNIVERSITY
 COLLEGE OF FOOD, AGRICULTURAL,
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