

**CHOOSING HEALTHY HABITS** engages students with daily health-related activities at school, home, and in their communities – seamlessly integrating healthy habits into your students' day!

JULY 2022	(( <u>)</u> ) BELL WORK ACTIVITY (( <u>)</u> ) BELL WORK ACTIVITY (( <u>)</u> ) BELL WORK ACTIVITY (( <u>)</u> ) Listen and move to the <i>fit</i> song "A Really, Really, Really Super Good		000	🧶 GET FIT TIPS	EAT WELL TIPS	ce vour Remember to plan physical acti
				Swimming turns more calorise per hour than almost any other activity and improves cardiovascular health, strength, and flexibility.	Remember to balance your energy in and energy out!	
HELPING KIDS MAKE HEALT MONDAY	THY CHOICES: Lesson 3	12 WEDNESDAY		13 THURSDAY	14 FRIDAY	15 SATURDAY
MONDAY			0000			
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			915	SCHOOL CI	HALLENGE	12.
*~		~	26	Plan a fitFlow warmup for the entire school to pa org/resources/fitflow or print the cards at https://	rticipate in using video https://fit.sanfordhealth.	13.
(N)	Take Home Healthy Habit Challer	ge 🧭	00			14.
	TUESDAY WEDNESDAY THURSDAY FRID		612	Farm to School Zone	CHALLENGE CHECK-IN	15.
fit Dock each		Did you reach your goat?		Keep a journal of your summer fun.		
runu made 3		YES NO	e le		Give yourself	16.
ryou made 3 thy choices.	0 15 min 0 15 min 0 15 min 0 15	min O 15 min O 15 min Total days I			vou met vour	17.



UPGRADE YOUR COVER! View all your cover options at SchoolDatebooks.com!

## WEEKLY FEATURES INCLUDE

Vertical Layout • Overview Calendar • Get Fit Tips • Eat Well Tips Bell Work Activity • Activity Zone • Technology Activity • Eating & Activity Logs • Doodle Zone • Monthly Health Themes • Goal Check-In Home/School Communication • Spelling List (18 Words) • Book Club

## **HEALTH RESOURCES:**

USDA MyPlate, Physical Activity Pyramid, Food Labels, & more!

## **EDUCATIONAL RESOURCES:**

Life Skills, Language Arts, Math, Science, Maps, a Sticker Page, & more!

## **SNAP-ED DOLLARS:**

Field tested and used successfully in SNAP-Ed schools.





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