

30 Days of Fitness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Play your favorite CD from start to finish and DANCE!	2 Drink at least 4 glasses of water today	3 Do 50 jumping jacks & 25 sit-ups	4 Instead of watching TV tonight, take a neighborhood walk with your parents	5 WALK WITH a DOC
6 Visit a local park or playground and PLAY!!	7 Wear your pedometer and take 12,000 steps today	8 Eat 7 servings of fruits and vegetables today	9 Play tag or catch with family or friends	10 Walk up and down 10 flights of stairs today	11 Do 3 chores in the house today. You'll be moving and making Mom and Dad happy!!	12 WALK WITH a DOC
13 Visit a Farmer's Market & try a fruit or veggie you've never had before	14 Eat a healthy breakfast! Be sure to eat some fruit!	15 Go on a scavenger hunt! Collect as many rocks as you can in 30 minutes	16 If you're watching TV, do 10 push-ups during each commercial break	17 Play Frisbee with some friends	18 Keep the TV, computer, & video games OFF today	19 WALK WITH a DOC
20 Take a walk in your local park. List the different animals you see	21 Get outside and play catch with a parent or friend	22 Jump rope- count the number of jumps you can do without stopping!	23 Challenge a friend to a race or obstacle course	24 List red, yellow, orange, green, blue, & purple foods. Eat 1 of each color for RAINBOW DAY!	25 Play 4-square or hopscotch outside	26 WALK WITH a DOC
27 Plan a weekly dinner menu with your parent. Help with the grocery shopping for your menu	28 Run through a sprinkler! Cool off and have fun!	29 Help Mom or Dad prepare and cook dinner. Eat the dinner as a family	30 Physical activity of your choice today! Do something that you love for 30-60 minutes!			



30 Days of Fitness Info



Demographic Info:

Child's name

Age

Telephone number

Parent's email address

Walk With A Doc Park Location

Primary Care Doctor/Practice Name

Parent Signature

Prizes generously donated by:



Have fun as you try new foods and activities!!

Regular physical activity and healthy eating habits are the keys to good health. For kids, doctors recommend 60 minutes of physical activity every day. This can be done in one large block of time or several activities in shorter blocks of time. The 30 Days of Fitness calendar gives daily fitness goals and nutrition ideas. Making small changes in your daily lifestyle can lead to big overall changes in your health.

Complete 28 of the 30 fitness and nutrition activities. Have your parent sign off that you have completed the activities. Return your completed calendar to the doctor at your Walk With A Doc walk. We'll contact your parents about getting your monthly prizes!!