



Healthy in the Home Calendar



Instructions:

Use this calendar to:

- Plan at least one meal as a family
- Plan one night a week to eat together
- Write down one new healthy recipe that your family wants to try
- Use the exercise log to keep track of your physical activity

Incentive Ideas:

Turn it into a competition to help motivate yourself and the kids:

- Give out Broccoli Bucks for helping with dinner, eating fruits and veggies, or exercising, etc.
- Trade Broccoli bucks for gift certificates for getting out of chores, choosing what movie to watch, or having friends over, etc.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

New Recipe:

Total Minutes of Exercise:



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