



Spring Fling Calendar



Use this calendar to:

- Plan a meal that does not contain any processed foods
- Write down the ingredients you need on the shopping list
- Plan a fun, family adventure
- Check out the *Outdoor Safety Tips*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise:						
Meal:						

Grocery Shopping List:

Outdoor Safety Tips:

- Wear appropriate clothing
- Carry a first aid kit
- Beware of bugs; use a bug repellent
- Drink plenty of water
- Wear sunscreen
- Wear appropriate footwear for each activity
- Visit our [YouTube](#) channel for videos on *Sun Safety* and *Summer Hydration!*



800.932.0034
 askthepros@acispecialtybenefits.com
<http://yotf.acicorewellness.com/>

