

## Day 4

### Staying Healthy and Active!

**Instructions:** Place a sticker or draw a smiley face on each day of the week that you do any of these activities (or write down your own activities) with your family or by yourself. After a week, choose the activity you enjoyed the most and draw a picture of you or your family doing the activity below the calendar.

Went for a walk	Played catch	Other Activities: _____
Played a sport	Balloon Volleyball	_____
Rode a bike	Went for a hike	_____
Danced	Walk your dog	_____
Played outside		_____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday