

# CATCH Summertime MVP Calendar

Parents and Guardians,

Summer is a great time to encourage your child to be a CATCH MVP - someone who:

**M**oves and stays active, **V**alues healthy eating, and **P**ractices healthy habits!

This calendar has many healthy ideas for kids to try and complete each day of the summer.

Start the calendar on the first Sunday of the summer and work your way through each day.

There are three months worth of activities to last all summer! Try to be a CATCH MVP every day.

The tasks are easy to accomplish and fun!



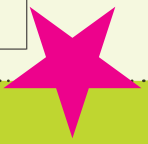
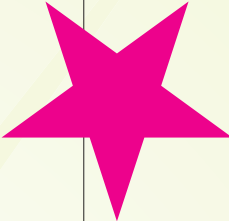
# BE A CATCH Summertime MVP!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
How many times can you toss and catch a ball without it bouncing?	Eat at least 1 piece of fruit. 	Draw a picture of your favorite GO food and place it on the refrigerator.	Play outside for at least 30 minutes.	Eat a vegetable you have not tried before.	Eat 5 servings of fruit and/or vegetables.	Go to a park with your family or friends. 	
Go the whole day without drinking a soda.	Spend less than 2 hours watching TV.	With an adult, make plans to spend a day at the pool or lake.	Drink 8 cups of water today.	Find your heart rate, before and after you play.	Take a 20 minute walk with a family member.	Have a piece of fruit with your breakfast.	
Spend less than 1 hour playing video games.	Do push-ups, sit-ups or stretch when commercials are on TV.	Help your family cook a healthy dinner.	Make a list of your favorite GO foods and post it on the refrigerator.	Play Ball! Bounce, throw or kick a ball against a wall.	Make a healthy afternoon snack with at least 2 healthy ingredients.	Get 10 hours of sleep tonight.	
Invent your own game and invite your friends or family to play it with you.	To quench your thirst today, only drink water and milk.	Draw a picture of your favorite game and post it in your room.	Do a chore around the house like vacuum, dust or mop.	Put fresh fruit in your cereal or on a piece of toast.	Ask your parents to use parking spaces further away when you go out today.	Make up your own obstacle course.	
Try to find 2 different GO foods in your house and give them a try.	Spend 15 minutes stretching with your family after dinner.		The CATCH Home Team Calendar is a voluntary daily activity conducted outside of school. Try to complete each daily task, have an adult initial the box when you're done.				



Move & stay active – Value healthy eating – Practice healthy habits



# Be A CATCH Summertime MVP!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Play outside for at least 30 Minutes.	Eat at least 1 piece of fruit.	Eat 5 servings of fruits and/or vegetables.	Play outside for at least 1 hour.	To quench your thirst today, only drink water and milk.	Spend less than 1 hour playing video games.	With an adult, make plans to spend a day at the pool or lake.	
Go the whole day without drinking a soda. ★	Stretch or do yoga for 10 minutes before you go to bed.	Create a game using a clean sock and a laundry basket—be careful!	Drink 8 cups of water today.	Spend less than 2 hours watching TV.	Take a 20 minute walk with a family member.	Make a healthy afternoon snack using at least 2 healthy ingredients.	
Write a short poem or a song about the importance of being healthy.	Make up your own obstacle course.	Have a piece of fruit with your lunch.	Get 10 hours of sleep tonight. ★	How many times can you toss and catch a ball without it bouncing?	Invent your own game and invite your friends or family to play it with you.	Play Ball! Bounce, throw or kick a ball against a wall.	
Teach someone your favorite game from PE class.	Put fresh fruit in your cereal or on a piece of toast.	Spend 15 minutes stretching with your family after dinner.	Do a chore outside like sweeping, mowing or gardening.	Make a fruit salad with at least 3 different colors of fruit.	Try to find 2 different GO foods in your house and give them a try.	Do push-ups, sit-ups or stretch when commercials are on TV.	
Help your family cook a healthy dinner.	Make a new list of your favorite GO foods and post it on the refrigerator.	Teach yourself to juggle. Start with plastic bags then try it with balls.	The CATCH Home Team Calendar is a voluntary daily activity conducted outside of school. Try to complete each daily task, have an adult initial the box when you're done.				 

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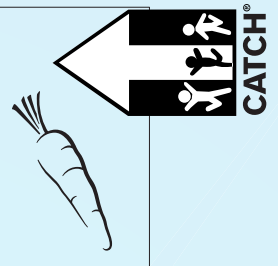
# BE A CATCH Summertime MVP!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
With an adult, make plans to spend a day at the pool or lake.	Try a new fruit you have not tried before.	Spend less than 1 hour playing video games.	Take a 20 minute walk with a family member.	Drink 8 cups of water.	Play ball! Bounce, throw or kick a ball against a wall.	Have a piece of fruit with your breakfast.
Spend less than 2 hours watching TV.	Make up your own obstacle course.	Make a healthy afternoon snack using at least 2 healthy ingredients.	Help your family cook a healthy dinner.	Do a chore around the house like vacuum, dust or mop.	Eat 5 servings of fruits and/or vegetables.	Ask your parents to use parking spaces further away when you go out today.
Play outside for at least 1 hour.	Try to find 2 different GO foods in your house and give them a try.	Find your heart rate, before and after you play.	Stretch or do yoga for 10 minutes before you go to bed.	Go the whole day without drinking a soda.	Draw a picture of your favorite game and post it in your room.	Invent your own game and plan on sharing it with your PE teacher.
To quench your thirst today, only drink water and milk.	Get 10 hours of sleep tonight.	Eat a healthy breakfast.	Eat a piece of fruit with your lunch.	Free Day! You make your own healthy choice.	Free Day! You make your own healthy choice.	Free Day! You make your own healthy choice.
Go to a park with your family or friends.	Free Day! You make your own healthy choice.	Free Day! You make your own healthy choice.	The CATCH Home Team Calendar is a voluntary daily activity conducted outside of school. Try to complete each daily task, have an adult initial the box when you're done.			Free Day! You make your own healthy choice.



Move & stay active – Value healthy eating – Practice healthy habits



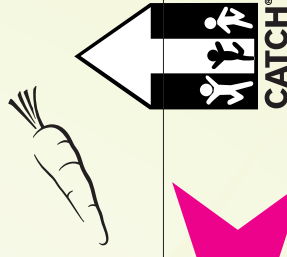
# Se un CATCH MVP este verano



DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
¿Cuántas veces puede tirar y atrapar un balón sin botarlo?	Come por lo menos 1 pedazo de fruta.	Dibuja tu comida GO favorita y ponlo en tu refrigerador.	Juega afuera por lo menos 30 minutos.	Come un vegetal que no has probado.	Come 5 porciones de fruta y/o vegetales.	Ve a un parque con tu familia o amigos.
Pasa todo el día sin tomar un refresco o soda.	Pasa menos de 2 horas mirando la televisión.	Con un adulto, planea un día en la piscina o el lago.	Toma 8 vasos de agua hoy.	Encuentra tu ritmo de corazón antes y después de jugar.	Camina por 20 minutos con tu familia.	Come una fruta con tu desayuno.
Pasa menos de 1 hora jugando videojuegos.	Has lagartijas o abdominales durante los comerciales en la TV.	Ayúdale a tu familia a cocinar una cena saludable.	Has una lista de tus comidas GO favoritas y ponla en tu refrigerador.	¡Juega pelota! Bota, tira o pateo una pelota contra una pared.	Has un bocadillo saludable para el medio día usando por lo menos 2 ingredientes saludables.	Duerme 10 horas esta noche.
Inventa tu propio juego e invita a tus amigos o familia a jugar contigo.	Para satisfacer tu sed hoy, toma solamente agua y leche.	Has un dibujo de tu juego favorito y ponlo en tu cuarto.	Has un quehacer en la casa como aspirar o limpiar los muebles o el piso.	Pon fruta fresca en tu cereal o en un trozo de pan tostado.	Cuando salgan a la tienda, pídele a tus padres que se es-tacionen lejos de la entrada.	Has tu propia pista de obstáculos.
Busca 2 diferentes comidas GO en tu casa y pruébalas.	Pasa 15 minutos estirándote con tu familia después de la cena.		El Calendario del Equipo de Casa CATCH contiene actividades diarias voluntarias realizadas afuera de la escuela. Trata de completar cada tarea diaria, pídele a un adulto que ponga sus iniciales en la caja cuando hagas cada tarea.			



Muévete y se activo – Valora el comer saludable – Practica hábitos saludables





# Se un CATCH MVP este verano



DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Juega afuera por lo menos 30 minutos.	Come por lo menos 1 pedazo de fruta.	Come 5 porciones de fruta y/o vegetales.	Juega afuera por lo menos 1 hora.	Para satisfacer tu sed hoy, toma solamente agua y leche.	Pasa menos de 1 hora jugando Videojuegos.	Con un adulto, planea un día en la piscina o el lago.
Pasa todo el día sin tomar un refresco o soda.	Estírate o has yoga por 10 minutos antes de dormir.	¡Inventa un juego usando un calcetín limpio y un cesto de ropa sucia—tiene cuidado!	Toma 8 vasos de agua hoy.	Pasa menos de 2 horas mirando la televisión.	Camina por 20 minutos con un miembro de tu familia.	Has un bocadillo saludable para el medio día usando por lo menos 2 ingredientes saludables.
Escribe un poema o canción acerca de la importancia de ser saludable. healthy.	Has tu propia pista de obstáculos.	Come una fruta con tu almuerzo.	Duerme 10 horas esta noche.	¿Cuántas veces puede tirar y atrapar un balón sin botarlo?	Inventa tu propio juego e invita a tus amigos o familia a jugar contigo.	¡Juega pelota! Bota, tira o patear una pelota contra una pared.
Enséñale a alguien tu juego favorito de tu clase de educación física.	Pon fruta fresca en tu cereal o en un trozo de pan tostado.	Pasa 15 minutos estirándote con tu familia después de la cena.	Has un quehacer afuera como barrer o jardinería.	Has un coctel de frutas usando por lo menos 3 colores diferentes de fruta.	Busca 2 diferentes comidas GO en tu casa y pruébalas.	Has lagartijas o abdominales durante los comerciales en la TV.
Ayúdale a tu familia a cocinar una cena saludable.	Has una lista nueva de tus comidas GO favoritas y ponla en tu refrigerador.	Enséñate a hacer malabares. Empieza con bolsas de plástico luego intenta con pelotas.	El Calendario del Equipo de Casa CATCH contiene actividades diarias voluntarias realizadas afuera de la escuela. Trata de completar cada tarea diaria, pídele a un adulto que ponga sus iniciales en la caja cuando hagas cada tarea.			

Muévete y se activo – Valora el comer saludable – Practica hábitos saludables



# Se un CATCH MVP este verano



DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Come una fruta que no has probado antes.	Pasa menos de 1 hora jugando videojuegos.	Con un adulto, planes un día en la piscina o el lago.	Toma 8 vasos de agua hoy.	Camina por 20 minutos con un miembro de tu familia.	¡Juega pelota! Bota, tira o pateas una pelota contra una pared.	Come una fruta con tu desayuno.
Pasa menos de 2 horas mirando la televisión.	Has tu propia pista de obstáculos.	Has un bocadillo saludable para el medio día usando por lo menos 2 ingredientes saludables.	Ayúdale a tu familia a cocinar una cena saludable.	Has un quehacer en la casa como aspirar o limpiar los muebles o el piso.	Come 5 porciones de fruta y/o vegetales.	Cuando salgan a la tienda, pídele a tus padres que se estacionen lejos de la entrada.
Juega afuera por lo menos 1 hora.	Busca 2 diferentes comidas GO en tu casa y pruébalas.	Encuentra tu ritmo de corazón antes y después de jugar.	Estírate o has yoga por 10 minutos antes de dormir.	Pasa todo el día sin tomar un refresco o soda.	Has un dibujo de tu juego favorito y ponlo en tu cuarto.	Inventa tu propio juego e invita a tus amigos o familia a jugar contigo.
Para satisfacer tu sed hoy, toma solamente agua y leche.	Duerme 10 horas esta noche.	Come un desayuno saludable.	Come una fruta con tu almuerzo.	¡Día libre! Has tu propia opción saludable.	¡Día libre! Has tu propia opción saludable.	¡Día libre! Has tu propia opción saludable.
Ve a un parque con tu familia o amigos.	¡Día libre! Has tu propia opción saludable.	¡Día libre! Has tu propia opción saludable.	El Calendario del Equipo de Casa CATCH contiene actividades diarias voluntarias realizadas afuera de la escuela. Trata de completar cada tarea diaria, pídele a un adulto que ponga sus iniciales en la caja cuando hagas cada tarea.			



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