

# SOAR for a Month

www.healthychildrensoar.org

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|--|---|--|--|--|
| <p>Go for a family walk</p>  | <p>Drink water in between meals</p>  | <p>Make a smoothie with fat free milk or yogurt and fruit</p>  | <p>Look at your favorite juice label. Make sure it is 100% juice.</p>                         | <p>Eat a raw fruit or vegetable</p>  | <p>Let your children help cook today</p>   | <p>Play "Red Light Green Light"</p>                                      |
| <p>Play some music and dance with your children</p>   | <p>March or do jumping jacks during TV commercials</p>   | <p>Don't drink any soda</p>  | <p>Have a piece of fruit for snack today</p>  | <p>Try a <b>SOAR</b> recipe for dinner</p>   | <p>Help your children create a list of fruits or vegetables they would like to try</p> | <p>Eat breakfast together as a family</p>                                |
| <p>Create a fun obstacle course for your family to complete</p>   | <p>Play a <b>SOAR</b> physical activity</p>  | <p>Eat an orange fruit or vegetable</p>  | <p>Don't watch any TV today</p>   | <p>Park further away from your destination and walk with your child</p>  | <p>Make sure your child gets 9.5 hours of sleep</p>                                    | <p>Play outside together as a family</p>                                 |
| <p>Play "Active Simon Says" with your children</p>  | <p>Try a new food</p>  | <p>Drink low or fat free milk</p>  | <p>Help your child create a list of fun physical activities &amp; games they like to play</p> | <p>Eat a dark green vegetable</p>  | <p>Look at food labels for foods that say "whole grain"</p>                            | <p>Carry a water bottle for each family member wherever you go today</p> |
| <p>Play "Freeze tag" with your children</p>   | <p>Have a salad with your dinner</p>  | <p>Try a <b>SOAR</b> recipe for dinner</p>   | <p>Eat a yellow fruit or vegetable</p>  | <p>Eat dinner together as a family</p>   | <p>Don't watch any TV today</p>  | <p>Create your own <b>SOAR</b> for a month calendar</p>                  |

**S**low down on fast food; **O**pt for Water; **A**dd Activity; **R**educe TV time