



February is Healthy Heart Month!

Please post this on the refrigerator and draw a heart or put a heart sticker on every day that your child:

- Goes to bed on time (to get at least 8 hours of sleep)
- Exercises or engages in physical activity for at least 1/2 hour and/or
- Makes good food choices

February 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	