



May



fit for learning™

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week 1**

Find the fruit & veggie of the month at [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

Be sure to fuel up with a healthy breakfast every morning this month!

Don't forget to eat more fruits & veggies today!

**Week 2**

Do stretches at your desk in the morning or after lunch.

Go outside and play after school today instead of watching TV.

**Week 3**

As it gets warmer, don't forget to drink an extra glass of water while doing your activities.

Eat at least two different foods from each food group today!

Check your pulse after doing various activities.

**Week 4**

Choose a healthy snack today instead of a sweet treat.

If possible, walk to school today.

**Week 5**

Make a list of all the physically active things you can do this summer.

Plan a healthy summer celebration with your family and friends.

Go to a farmers' market this weekend to see what fruits & veggies are available this month.



**Ready,  
Set,  
Go!**