

Get Your Elves in a Row!



Name: _____

Email: _____

Activities:

- Fill your plate $\frac{1}{2}$ full of vegetables & fruits two meals each day.
- Aim for 30 minutes of movement at least 5 times a week (type and minutes).
- Get your “elves” in a row activities (list type on calendar)
- Complete the bonus activities on back of calendar.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------|-------------------------------|-----------|--------------------|--------|----------|
| EXAMPLE: Salad w. grilled chicken, cheese, apple, banana Walk 30 | November 25 | 26 National Diabetes Month | 27 | 28 Thanksgiving | 29 | 30 |
| December 1 National Pear Month  | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |

| | | | | | | |
|----------------------------|---|------------------------------------|-----------------------------|---|------------------------|--|
| 15 | 16 Toy Safety Month  | 17 | 18 | 19 | 20 | 21 Winter Solstice |
| 22 Hanukkah Starts | 23 | 24 | 25 Christmas | 26 Kwanzaa Starts | 27 | 28 |
| 29 | 30 | 31 | January 1 New Year's Day | 2 | 3 | 4 |
| 5 | | | | | | |
| Optional Bonus Activities: | Declutter • your gift list • schedule | Simplify • Meals • Food Prep | Try an “Elf Eats” food idea | Find the calories and carbohydrates in your holiday beverages | Organize holiday décor | Embrace humor or positivity for the holidays |
| Record the date you: | | | | | | |

Email or Fax results to: **Lisa Barlage** – barlage.7@osu.edu or 740-702-3209 (Fax) by January 13

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