

Hang this erasable reminder in your kitchen and use a dry erase marker or crayon to mark the days your child ate well and the days they exercised.



I eat healthy

SUN. MON. TUE. WED. THUR. FRI. SAT.

Grains
2 -2½ cups

Vegetables
1 ½ - 2 cups

Fruits
1 ½ cups

Milk
2 cups

Meat & Beans
3-4 ounces

	SUN.	MON.	TUE.	WED.	THUR.	FRI.	SAT.
Grains							
Vegetables							
Fruits							
Milk							
Meat & Beans							

TOTAL PER DAY



Preschool children should eat a variety of foods daily. Serving sizes will vary by age and food.

I play

SUN. MON. TUE. WED. THUR. FRI. SAT.

Running

Walking

Park-Playground

	SUN.	MON.	TUE.	WED.	THUR.	FRI.	SAT.
Running							
Walking							
Park-Playground							

In addition to the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle the physical and emotional challenges that a typical day presents.

