Clay County Health Department "Bee Healthy" Monthly Calendar
February 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	2 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	3 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	4 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	5 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep
6 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	7 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	8 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	9 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	10 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	11 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	12 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep
13 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	14 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	15 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	16 □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	17 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	18 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	19 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep
20 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	21 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	22 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	23 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	24 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	25 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	26 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep
27 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep	28 □ Eat a serving of fruit □ Eat a serving of vegetable □ Drink 2 glasses of Water* □ Exercise 15 minutes □ No "soda" today □ No "candy" today □ Brushed my teeth twice □ 8 hours of sleep					

Name: _____ Grade: _____ Teacher: _____ School _____

+ * no flavored water