


FAMILY ACTIVITY CALENDAR

EXAMPLE: MONDAY	WALK FOR 15 MINUTES OR EAT 1 FRUIT	5PM OR LUNCH TIME	MOM, SALLY, JOHN	
DAY OF THE WEEK	GOAL	WHAT TIME OF DAY	WHO WILL PARTICIPATE?	DID WE DO IT?
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				