

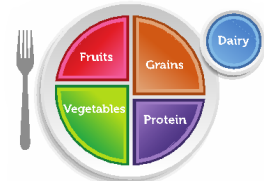
CFAES

Name: _____

Email: _____

Activities:

- Fill your plate ½ 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.



ChooseMyPlate.gov

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: Michelle Treber - treber.1@osu.edu or 740-474-7967 (Fax) by January 13



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.