

April 2012

This month's *healthy habit* is:



Use perseverance to reach your physical activity goals!

- Having goals can help you accomplish the things you want to do.
- With perseverance you can reach your goals.
- Perseverance can help you achieve your physical activity goals, even when they feel challenging or frustrating!

Set goals and get moving!

Use this calendar to mark each day that your class does at least **10 minutes of physical activity** through energizers, active lessons and other classroom activities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					