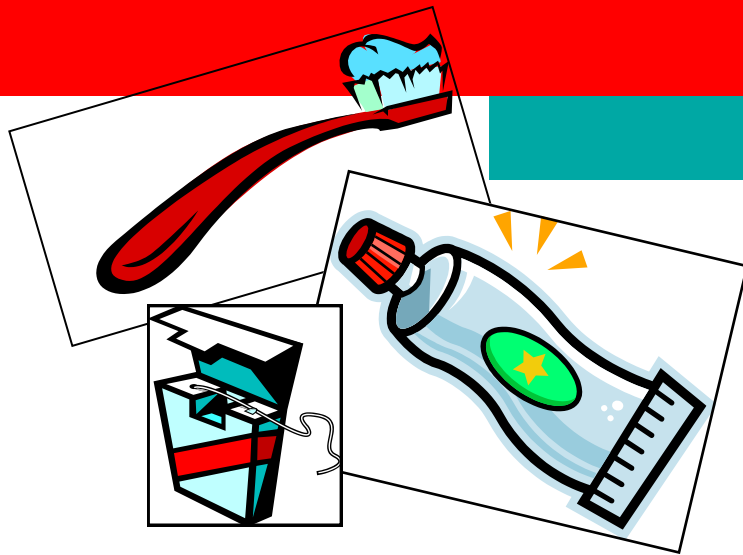


# February 2012

This month's *healthy habit* is:



***Control decay! Brush your teeth every day!***

- Your teeth help you out a lot!
- Your teeth have a lifetime of work to do for you!
  - Dental health doesn't stop at brushing!

## Take control of your fitness— 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			