

January 2001



Place a sticker on the days you meet your Fit WIC goal.
Bring this calendar to your next WIC clinic visit.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	31	Active Kids are Healthy Kids!		

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25	26	27	28	Active Kids Are Healthy Kids!		

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March 2001



**Place a sticker on the days you meet your Fit WIC goal.
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make Meals Memorable!				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	31

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April 2001



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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	Make meals memorable. Take time to eat together and talk with your family				

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29	30	Make meals memorable. Take time to eat together and talk with your family				

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May 2001

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
An active child is a healthy child!		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	31	Limit TV viewing to 1 hour per day.	

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June 2001

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
An active child is a healthy child!					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

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
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July 2001

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Offer your child good health.			

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August 2001

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Offer your child good health.			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	31	

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Offer your child good health.			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
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September 2001

**Place a sticker on the days you meet your Fit WIC goal.
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Your child depends on you to learn new things.						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		Offer your child 5 fruits and vegetables each day.					

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28	29	30	31	Your child depends on you to learn new things!		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Set a good example. Play with your kids.				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Set a good example. Play with your kids.						1
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16	17	18	19	20	21	22
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