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 a | re Healthy Kic | ls! |

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| | 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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February 2001

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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 | Active Kids Are Healthy Kids! | | |

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February 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 | Active Kids Are Healthy Kids! | | |

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March 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 |
|-----------------------|--------|---------|-----------|----------|--------|----------|
| 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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March 2001

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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 |
|-----------------------|--------|---------|-----------|----------|--------|----------|
| 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

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 | Make meals your family | memorable. T | ake time to eat | together and | talk with |

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April 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 | Make meals your family | memorable. T | ake time to eat | together and | talk with |

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May 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 |
|-------------------------------------|--------|---------|-----------|----------|-------------------------------------|----------|
| 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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| May 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 | | | |
| 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 | | | | | | | | | |
|--|-----------------|---------|-----------|----------|--------|----------|--|--|--|--|
| 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 | | | | |
| An active | child is a heal | 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 | | | | |

USDA prohibits discrimination in the administration of its programs.

| | June 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 | | | |
| An active o | hild is a heal | 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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| | July 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 | Offer your child good health. | | | | | | | |

| | July 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 | Offer your child good health. | | | | | | | |

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| | August 2001 | | | | | | | | | |
|--|-------------------------------|--------|---------|-----------|----------|--------|----------|--|--|--|
| Place a sticker on the days you meet your Fit WIC goal. Bring this calendar to your next WIC clinic visit. | | | | | | | | | | |
| Sunda | iy | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | |
| Offer yo | 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 | | | | |

USDA prohibits discrimination in the administration of its programs.

| | August 2001 | | | | | | | | | | |
|--|-------------------------------|----|-----------|----------|--------|----------|----|--|--|--|--|
| Place a sticker on the days you meet your Fit WIC goal. Bring this calendar to your next WIC clinic visit. | | | | | | | | | | | |
| Sunda | day Monday Tuesday | | Wednesday | Thursday | Friday | Saturday | | | | | |
| Offer ye | 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 | Ê | | | | |

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| | | Septe | ember | 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 | | |
| Your child | Your child depends on you to learn new things. | | | | | | | |
| 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 | 45. | Offer your chi | ld 5 fruits and | vegetables ea | ch day. | | | |

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| September 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 | | | |
| Your child | Your child depends on you to learn new things. | | | | | | | | |
| 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 | 30 Offer your child 5 fruits and vegetables each day. | | | | | | | | |

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| | October 2001 | | | | | | | | |
|---|--------------|---------|-----------|---|--------|----------|--|--|--|
| Place a sticker on the days you meet your Fit WIC goal. Bring this calendar to your next WIC clinic visit. | | | | | | | | | |
| Sunda | ay Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | |
| À | | 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 | Your child depends on you to learn nev things! | | | | | |

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| | October 2001 | | | | | | | | | |
|-------|---|--------|---------|-----------|--|--------|----------|--|--|--|
| | Place a sticker on the days you meet your Fit WIC goal. Bring this calendar to your next WIC clinic visit. | | | | | | | | | |
| Sunda | ay | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | |
| À | ۶ ۶ | 1 | 2 | 3 | 4 | 5 | 6 | | | |
| 7 | -5 | 8 | 9 | 10 | 11 | 12 | 13 | | | |
| 14 | | 15 | 16 | 17 | 18 | 19 | 20 | | | |
| 21 | | 22 | 23 | 24 | 25 | 26 | 27 | | | |
| 28 | | 29 | 30 | 31 | Your child depends on you to learn new things! | | | | | |

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| | November 2001 | | | | | | | | | | |
|---|--|--------|---------|-----------|----------|--------|----------|--|--|--|--|
| Place a sticker on the days you meet your Fit WIC goal. Bring this calendar to your next WIC clinic visit. | | | | | | | | | | | |
| Sunc | lay | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | |
| Set a | Set a good example. Play with your kids. | | | | | 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 | | | | | |

| November 2001 | | | | | | | | | | |
|---|--|---------|-----------|----------|--------|----------|--|--|--|--|
| Place a sticker on the days you meet your Fit WIC goal. Bring this calendar to your next WIC clinic visit. | | | | | | | | | | |
| Sunda | ay Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | |
| Set a g | Set a good example. Play with your kids. | | | | 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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| | December 2001 | | | | | | | | | | |
|---|--|---------|-----------|----------|--------|----------|--|--|--|--|--|
| Place a sticker on the days you meet your Fit WIC goal. Bring this calendar to your next WIC clinic visit. | | | | | | | | | | | |
| Sunda | ay Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | |
| Set a g | Set a good example. Play with your kids. | | | | | | | | | | |
| 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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December 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 | | |
|--|--------|---------|-----------|----------|--------|----------|--|--|
| Set a good example. Play with your kids. | | | | | | | | |
| 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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