

An active child is a healthy child!

My Goal...

Record when your child _____ on your *Fit WIC* calendar!



Falls Church Health Department
6245 Leesburg Pike, Suite 500
Falls Church, VA 22044
(703) 534-8343

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Types of active play my child enjoys:

- ◇ Dancing
- ◇ Tossing a ball or bean bag
- ◇ Jumping over objects
- ◇ Bowling using a ball and empty cereal boxes.
- ◇ Marching to music
- ◇ “Helping” with housework
- ◇ Playing chase
- ◇ Playing follow-the-leader
- ◇ Taking a walk (with dolls, a pet, etc.)
- ◇ Running through the sprinkler
- ◇ Moving like a dinosaur, frog, or bird. (pretend play)
- ◇ Other: _____