



What's For Dinner?



Let's Get Moving!



How Much TV?

Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Plan your dinners for the week. It will help with shopping and save time.



Plan family activities for the week to make sure you are moving more.



Plan your television viewing to make sure you watch less. Try to average no more than 2 hours per day.



In Support of:

