

# January 2016 Printable Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<h2>Being Active and Healthy is Fun</h2>																																																																																										
					<b>1</b> <b>New Year's Day</b>  Celebrate New Year's Day by setting health goals.	<b>2</b> <b>Special Holiday</b>  School days are near. Start planning healthy school meals.																																																																																				
<b>3</b>  Let the kids pick the activities they like. Being healthy is fun!	<b>4</b>  Have kids help in the kitchen.	<b>5</b>  Beans are now listed in the "meat group" because they are packed with protein.	<b>6</b>  Try to limit overall TV and "screen" time to 2 hours a day.	<b>7</b>  Look for 100% when buying whole wheat.	<b>8</b>  Have kids help with the weekly menu.	<b>9</b>  Think small. You can reach any goal with one focused step at a time																																																																																				
<b>10</b>  You don't need a gym to be active. Take a walk.	<b>11</b>  Leave fruit cut up for a quick and healthy snack.	<b>12</b>  Keep that fresh-start feeling every week of the year by making Monday your day of new beginnings.	<b>13</b>  Using the stairs uses more muscles and burns more	<b>14</b>  Talk about your healthy goals during meal time.	<b>15</b>  Have kids help pick the vegetables in the grocery store.	<b>16</b>  Build healthy habits together as a family.																																																																																				
<b>17</b>  Check your children's vitamins wisely.	<b>18</b>  Celebrate your child's and family's successes.	<b>19</b>  Making pasta tonight? Make it a healthy dinner by using whole-wheat pasta.	<b>20</b>  Praise your child for trying to change habits. Be encouraging.	<b>21</b>  Bundle up and take a walk to the library.	<b>22</b>  Get rid of unhealthy snacks that can derail your child's goals	<b>23</b>  Evaluate your family's health goals.																																																																																				
<b>24</b>  Be positive. Smiling is good for your health.	<b>25</b>  Choose lean meats such as chicken breast.	<b>26</b>  You can add lots of vegetables in soups for a filling and delicious dinner meal.	<b>27</b>  Leave your child a fun healthy note in their lunch box	<b>28</b>  You can add lots of vegetables in soups for a filling and delicious dinner	<b>29</b>  Set aside time everyday for a family activity.	<b>30</b>  Be a role model for your family. Be active everyday.																																																																																				
<b>31</b>  Celebrate your family's success. A simple meal with the whole family will be a great way to cap off the month.		<b>December 2015</b> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa			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			<b>February 2016</b> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td></td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa		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						<b>Notes:</b>  Get your printable calendar monthly at <a href="http://TweenselMom.com">TweenselMom.com</a> . As inspired by nutrition calendars from <a href="http://ChefSolus.com">ChefSolus.com</a>
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