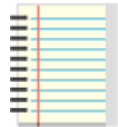












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Tweet, Tweet Tweet this link to inform your friends and family about health literacy month: http://bit.ly/2xEVnSF</p>	<p>2</p> <p>Write a Note Write a letter or note to a friend asking them to go for a 20-minute walk after school.</p> 	<p>3</p> <p>Internet Search Visit a webpage for health information and write in your journal why it is a valid place to go for information.</p>	<p>4</p> <p>Encouragement Share a news article to encourage others to eat proper nutrition. http://bit.ly/2k6PEBZ</p> 	<p>5</p> <p>Nutrition Look for a label on the packaging of food. Determine why it is healthy or unhealthy. Tell your health teacher about your conclusion.</p>	<p>6</p> <p>Goal-Setting Set a goal to begin a new physical activity on Friday. Write your goal out and put it on your refrigerator at home or in your locker at school.</p>	<p>7</p> <p>Social Media Tweet or Snapchat a photo that encourages your friends to eat a healthy lunch today.</p> 
<p>8</p> <p>Dancing to the Music Put your favorite song on and make up a dance or fitness routine, then teach it to a member of the family.</p> 	<p>9</p> <p>Advocate Email your lawmakers about an important health issue. Ask your health teacher for help using SHAPE America's Legislative Action Center (congress.web.com/shapemeric)</p>	<p>10</p> <p>Communication Ask family or friends to go outside with you today. Leave the cell phones at home and go for a walk or take part in another outdoor activity. Be sure to wear sunscreen any time you're outside!</p>	<p>11</p> <p>Exercise Video Find an exercise video on the Internet and persuade the whole family to do it with you.</p> 	<p>12</p> <p>Decision-Making Decide on one way to improve the environment and take steps to begin your idea.</p>	<p>13</p> <p>Analyze Influences Assess who influences you to go to the doctor when you are sick. Thank them for helping you stay healthy.</p>	<p>14</p> <p>Set the Menu Help decide the dinner menu. Pick items that are healthy and yummy.</p>
<p>15</p> <p>Self-Management Conduct a mental health assessment today. How are relationships? Are you sad? If you need to talk to someone, find your health teacher or another trusted adult.</p>	<p>16</p> <p>Design a Poster Make a poster to hang in your classroom, locker or house that encourages others to reduce their risk of injury.</p>	<p>17</p> <p>Swimming Ask your friends and family to go swimming at the pool today.</p> 	<p>18</p> <p>Valid Services Determine which health screenings you will need this year and where to go for these services.</p> 	<p>19</p> <p>Bike Ride Ask a friend to ride their bike with you. Persuade them to wear a helmet to prevent injury.</p>	<p>20</p> <p>Drug Prevention Research facts about prevalent drugs and create a slogan that would persuade peers to say no.</p> 	<p>21</p> <p>Goal-Setting Set a short-term and a long-term goal to begin a health behavior that will give you more sleep each night.</p>
<p>22</p> <p>Tobacco Prevention Look at a magazine that has a tobacco advertisement and determine the target audience. Is it you?</p>	<p>23</p> <p>Mental Health List three people you could go to if you needed to talk about a problem or how you're feeling. How quickly can you access them?</p>	<p>24</p> <p>Social Media Post on your favorite social media app today. Encourage your followers to be active.</p> 	<p>25</p> <p>Conflict Resolution Think of a recent argument you had with a friend or family member. How could you resolve the conflict better next time?</p> 	<p>26</p> <p>Alcohol Prevention Look at a magazine that has an advertisement for alcohol and determine if the ad is sending a truthful message.</p>	<p>27</p> <p>Talk to a Friend Talk to a friend today about a decision you are thinking of making.  Does your friend think it is a good decision? Why or why not?</p>	<p>28</p> <p>Analyzing Influences Think about the last poor health choice you made. Who or what influenced you to make that choice? Journal about how you were influenced.</p>
<p>29</p> <p>Decision-Making Read your journal entry from yesterday and write about a different decision you will make next time.</p>	<p>30</p> <p>I, Spy, Walk Ask your family or a friend to go for a walk while playing a game of I, Spy.</p>	<p>31</p> <p>Nutrition Persuade someone to make healthy nutrition choices today.</p>	<p>SHAPE America defines Health Literacy as the ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one's own health and the health of others.</p>		<p>Use health literacy to improve your health and the health of others. Adjust this calendar to meet your schedule, then share your experience with your family and health education teacher.</p>	