<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tweet, Tweet</td>
<td>Write a Note</td>
<td>Internet Search</td>
<td>Encouragement</td>
<td>Nutrition</td>
<td>Goal-Setting</td>
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<td></td>
<td>Tweet this link to inform your friends and family about health literacy month: <a href="http://bit.ly/2xEVnSF">http://bit.ly/2xEVnSF</a></td>
<td>Write a letter or note to a friend asking them to go for a 20-minute walk after school.</td>
<td>Visit a webpage for health information and write in your journal why it is a valid place to go for information.</td>
<td>Share a news article to encourage others to eat proper nutrition. <a href="http://bit.ly/2k6PEBZ">http://bit.ly/2k6PEBZ</a></td>
<td>Look for a label on the packaging of food. Determine why it is healthy or unhealthy. Tell your health teacher about your conclusion.</td>
<td>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.</td>
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<tr>
<td>2</td>
<td>Dancing to the Music</td>
<td>Advocate</td>
<td>Communication</td>
<td>Exercise Video</td>
<td>Decision-Making</td>
<td>Social Media</td>
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<td>Put your favorite song on and make up a dance or fitness routine, then teach it to a member of the family.</td>
<td>Email your lawmakers about an important health issue. Ask your health teacher for help using SHAPE America’s Legislative Action Center (congress.web.com/shapeamerica)</td>
<td>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!</td>
<td>Find an exercise video on the Internet and persuade the whole family to do it with you.</td>
<td>Decide on one way to improve the environment and take steps to begin your idea.</td>
<td>Tweet or Snapchat a photo that encourages your friends to eat a healthy lunch today.</td>
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<td>3</td>
<td>Self-Management</td>
<td>Design a Poster</td>
<td>Swimming</td>
<td>Valid Services</td>
<td>Bike Ride</td>
<td>Drug Prevention</td>
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<td></td>
<td>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.</td>
<td>Make a poster to hang in your classroom, locker or house that encourages others to reduce their risk of injury.</td>
<td>Ask your friends and family to go swimming at the pool today.</td>
<td>Determine which health screenings you will need this year and where to go for these services.</td>
<td>Ask a friend to ride their bike with you. Persuade them to wear a helmet to prevent injury.</td>
<td>Research facts about prevalent drugs and create a slogan that would persuade peers to say no.</td>
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<tr>
<td>4</td>
<td>Tobacco Prevention</td>
<td>Mental Health</td>
<td>Social Media</td>
<td>Conflict Resolution</td>
<td>Alcohol Prevention</td>
<td>Goal-Setting</td>
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<td>Look at a magazine that has a tobacco advertisement and determine the target audience. Is it you?</td>
<td>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?</td>
<td>Post on your favorite social media app today. Encourage your followers to be active</td>
<td>Think of a recent argument you had with a friend or family member. How could you resolve the conflict better next time?</td>
<td>Look at a magazine that has an advertisement for alcohol and determine if the ad is sending a truthful message.</td>
<td>Set a short-term and a long-term goal to begin a health behavior that will give you more sleep each night.</td>
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<td>5</td>
<td>Decision-Making</td>
<td>I, Spy, Walk</td>
<td>Nutrition</td>
<td>SHAPE America</td>
<td>Talk to a Friend</td>
<td>Analyzing Influences</td>
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<td>Read your journal entry from yesterday and write about a different decision you will make next time.</td>
<td>Ask your family or a friend to go for a walk while playing a game of I, Spy.</td>
<td>Persuade someone to make healthy nutrition choices today.</td>
<td><a href="http://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.cfm">SHAPE America</a> 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.</td>
<td>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?</td>
<td>Think about the last poor health choice you made. Who or what influenced you to make that choice? Journal about how you were influenced.</td>
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