Home Run Nutrition Challenge

National Nutrition Month® 2011

Be the Home Run Champ! Try to round the bases every day in March to score home runs. Get to the next base by doing the healthy habits in "ROUND THE BASES." Put an "X" on the base you get to each day. Complete all four habits to hit a home run for your health! **PLAY BALL!**

ROUND THE BASES:

1. First base: Eat a healthy breakfast.
2. Second base: Eat at least 2½ cups of fruits and/or vegetables.
3. Third base: Eat at least 3 servings of whole grains.
4. Home plate: Do at least 30 minutes of moderate intensity physical activity .

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2nd 1st 3rd Home 1	2nd 1st 3rd Home 2	2nd 1st 3rd Home 3	2nd 1st 3rd Home 4	2nd 1st 3rd Home 5
2nd 1st 3rd Home 6	2nd 1st 3rd Home 7	2nd 1st 3rd Home 8	2nd 1st 3rd Home 9	2nd 1st 3rd Home 10	2nd 1st 3rd Home 11	2nd 1st 3rd Home 12
2nd 1st 3rd Home 13	2nd 1st 3rd Home 14	2nd 1st 3rd Home 15	2nd 1st 3rd Home 16	2nd 1st 3rd Home 17	2nd 1st 3rd Home 18	2nd 1st 3rd Home 19
2nd 1st 3rd Home 20	2nd 1st 3rd Home 21	2nd 1st 3rd Home 22	2nd 1st 3rd Home 23	2nd 1st 3rd Home 24	2nd 1st 3rd Home 25	2nd 1st 3rd Home 26
2nd 1st 3rd Home 27	2nd 1st 3rd Home 28	2nd 1st 3rd Home 29	2nd 1st 3rd Home 30	2nd 1st 3rd Home 31		