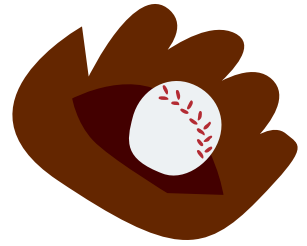


parent tips

We Can! Move More Every Day



Type of Activity	What day of the week?	What time of the day?	Who will do it?	Notes	Did we do it?
Example 1:					
Walk the dog	Every day	7 a.m.	Mom and Keisha	At least 15-20 minutes	Yes! Keisha and Michael switched on Wednesday.
		5 p.m.	Dad and Michael		
Example 2:					
Play catch	Sunday	3 p.m.	Everyone	River View Park	Yes. We played for 2 hours each Sunday this month.
Example 3:					
Pick a song and create your own dance moves	Monday-Friday	After school	Keisha and Michael	Add a new song every day, by the end of the week we can have five fun dances!	Yes. We put on a "show" for our parents one weekend and plan to teach a dance to our friends.
Activity:					
Activity:					