


























To learn about the Summer Challenge program visit






























<https://www.fcpl.org/programs-events/summer-challenge>.

JUNE 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="background-color: #00FF00; padding: 5px;"> <p>5 - or more fruits and vegetables 2 - hours or less of screen time 1 - hour or more of physical activity 0 - sugary beverages</p> </div>		<div style="background-color: #FFFF00; padding: 5px;"> <p>Circle the healthy choices you make each day with 5-2-1-0</p> </div>		1	*Last Day of School 2	 Water play! 3 5-2-1-0
Go for a walk 4  5-2-1-0	Play tag 5  5-2-1-0	Create your own game 6 5-2-1-0	Read for 10 minutes 7 5-2-1-0	Yoga or stretches 8  5-2-1-0	Dance to music 9  5-2-1-0	 Play outside 10 5-2-1-0
Help cook a meal 11  5-2-1-0	Clean your room 12  5-2-1-0	Lunges & squats 13  5-2-1-0	Play hide and seek 14  5-2-1-0	Draw a picture 15  5-2-1-0	Play 4 Corners 16  5-2-1-0	Mail a letter to a friend 17  5-2-1-0
Create art using cardboard 18  5-2-1-0	Walk for 10 mins 19  5-2-1-0	Help cook a new recipe 20 5-2-1-0	Try a new exercise 21  5-2-1-0	Read to a family member or pet 22  5-2-1-0	Draw a picture of your pet 23  5-2-1-0	Create a picture with nature 24  5-2-1-0
Visit the playground 25  5-2-1-0	Go for a walk 26  5-2-1-0	Visit the library 27  5-2-1-0	Sing 3 of your favorite song 28  5-2-1-0	Make a healthy fruit smoothie 29  5-2-1-0	Make your own instrument 30  5-2-1-0	























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JULY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>5 - or more fruits and vegetables 2 - hours or less of screen time 1 - hour or more of physical activity 0 - sugary beverages</p>		<p>Circle the healthy choices you make each day with 5-2-1-0</p>		<p>Go for a walk ²⁹  5-2-1-0</p>	<p>Yoga or stretches ³⁰  5-2-1-0</p>	<p>Water play!  ¹ 5-2-1-0</p>
<p>Dance Party! ²  5-2-1-0</p>	<p>Run for 10 min ³  5-2-1-0</p>	<p>Sit-ups & push-ups ⁴  5-2-1-0</p>	<p>Make an obstacle course ⁵  5-2-1-0</p>	<p>Clean your room ⁶  5-2-1-0</p>	<p>Build a fort ⁷  5-2-1-0</p>	<p>Play outside ⁸  5-2-1-0</p>
<p>Lunges & squats ⁹  5-2-1-0</p>	<p>Play hide and seek ¹⁰  5-2-1-0</p>	<p>Water play! ¹¹  5-2-1-0</p>	<p>Go for a walk ¹²  5-2-1-0</p>	<p>Yoga or stretches ¹³  5-2-1-0</p>	<p>Sweep or vacuum ¹⁴  5-2-1-0</p>	<p>Play tag ¹⁵  5-2-1-0</p>
<p>Look at the clouds ¹⁶  5-2-1-0</p>	<p>Family game night ¹⁷  5-2-1-0</p>	<p>Run for 10 min ¹⁸  5-2-1-0</p>	<p>Help cook a meal ¹⁹  5-2-1-0</p>	<p>Lunges & squats ²⁰ 5-2-1-0</p>	<p>Dance to music ²¹  5-2-1-0</p>	<p>Go for a walk ²²  5-2-1-0</p>
<p>Wash the dishes ²³  5-2-1-0</p>	<p>Build a tower ²⁴  5-2-1-0</p>	<p>Play outside ²⁵  5-2-1-0</p>	<p>Clean your room ²⁶  5-2-1-0</p>	<p>Water play! ²⁷  5-2-1-0</p>	<p>Create your own game! ²⁸ 5-2-1-0</p>	<p>Clean up after dinner ²⁹  5-2-1-0</p>

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AUGUST 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 - or more fruits and vegetables 2 - hours or less of screen time 1 - hour or more of physical activity 0 - sugary beverages		Leave a kind note for someone  1	Play outside  2	Visit the playground  3	Help pick up toys  4	Draw or paint your favorite animal or character  5
Dance to music  6 5-2-1-0	Play hide and seek  7 5-2-1-0	Water play!  8 5-2-1-0	Lunges & squats  9 5-2-1-0	Clean up after diner  10 5-2-1-0	Run for 10 min  11 5-2-1-0	Make an obstacle course  12 5-2-1-0
Help cook a meal  13 5-2-1-0	Sweep or vacuum  14 5-2-1-0	Sit-ups & push-ups  15 5-2-1-0	Pick up trash in your neighborhood  16 5-2-1-0	Play outside  17 5-2-1-0	Water play!  18 5-2-1-0	Build a fort  19 5-2-1-0
Clean your room  20 5-2-1-0	Go for a walk  21 5-2-1-0	Look at the clouds  22 5-2-1-0	*First Day of School 23	Circle the healthy choices you make each day with 5-2-1-0		