

Physical Activity Prescription for

Have your child color in a star for each activity they do.
Encourage them to be active at least 30 minutes each day.

Some Suggested Activities

- ★ Dancing
- ★ Playing Catch
- ★ Walking
- ★ Skipping
- ★ Jumping Rope
- ★ Scavenger Hunt
- ★ Obstacle Course
- ★ House Bowling
- ★ Nerf Soccer
- ★ Sweeping
- ★ Cleaning
- ★ Raking Leaves
- ★ Shoveling Snow
- ★ Making a Snowman
- ★ Jumping Jacks
- ★ Parade
- ★ Marching

OTHER ACTIVITIES:

- ★ _____
- ★ _____

Week 1 Week 2 Week 3 Week 4



You're Really Moving Now!



Great Moves!



REMEMBER!
Try to earn at least 7 stars each week!
The more the better!

Massachusetts WIC Program 1-800-942-1007
Nutrition Education Task Force 6/98 form #220

