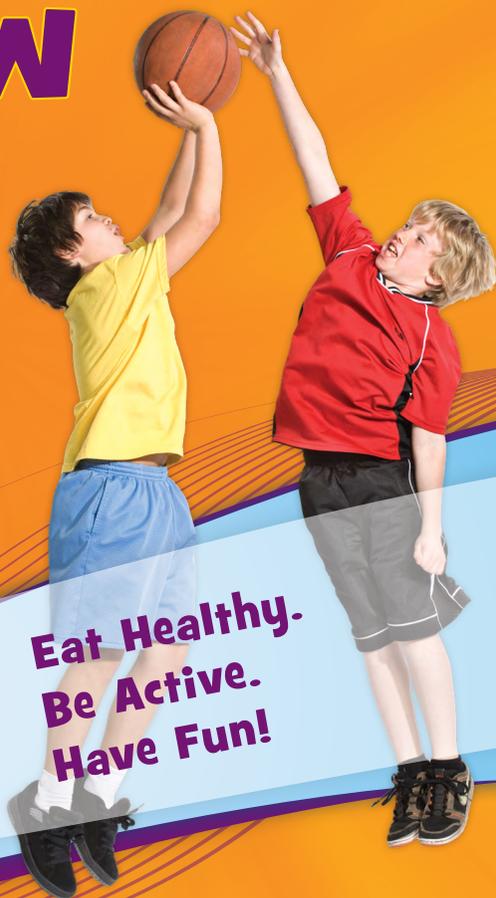


NAME _____



Try Something New



**POWER
PLAY**

**Eat Healthy.
Be Active.
Have Fun!**

Try something healthy, active, and fun every day this week. Write down your activities for ideas and put them on the days that you tried something new.

My goal is to try new things this week.

Monday	Tuesday	Wednesday	Thursday



...s week with your family and friends. Use the stickers
Have your own idea? Draw it on a blank sticker!

Friday

Saturday

Sunday



Tried it!

I tried _____ new things this week.

My favorite new **healthy** thing I tried this week was

My favorite new **active** thing I tried this week was

My favorite new **fun** thing I tried this week was

One new thing I still want to try is



This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.



Try apricot



Try mango



Try okra



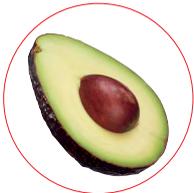
Dance



Do yoga



Play music



Try avocado



Try asparagus



Try red pepper



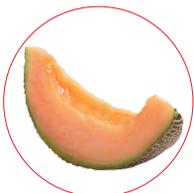
Toss a disc



Walk with your family



Draw



Try cantaloupe



Try bok choy



Try spinach



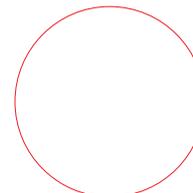
Hula hoop



Garden



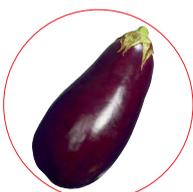
Write



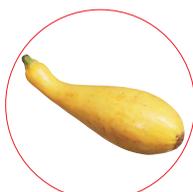
My idea



Try dried fruit



Try eggplant



Try squash



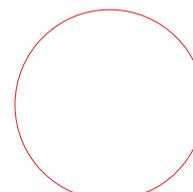
Skateboard



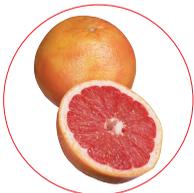
Go to a farmers' market



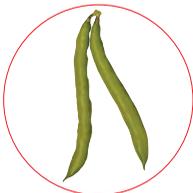
Fish



My idea



Try grapefruit



Try green beans



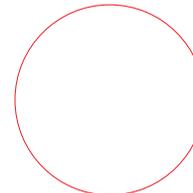
Try sweet potatoes



Jump rope



Cook



My idea



Try kiwi



Try jicama



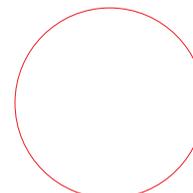
Try tomato



Play soccer



Take photos



My idea



Try kumquat



Try mushrooms



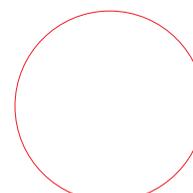
Play basketball



Swim



Read



My idea

