NAME

Try Something New

POWER PLAY

Eat Healthy.
Be Active.
Have Fun!

Try something healthy, active, and fun every day this
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

_____

CHAMPIONS for CHANGE
Network for a Healthy California

CDPH California Department of PublicHealth

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

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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