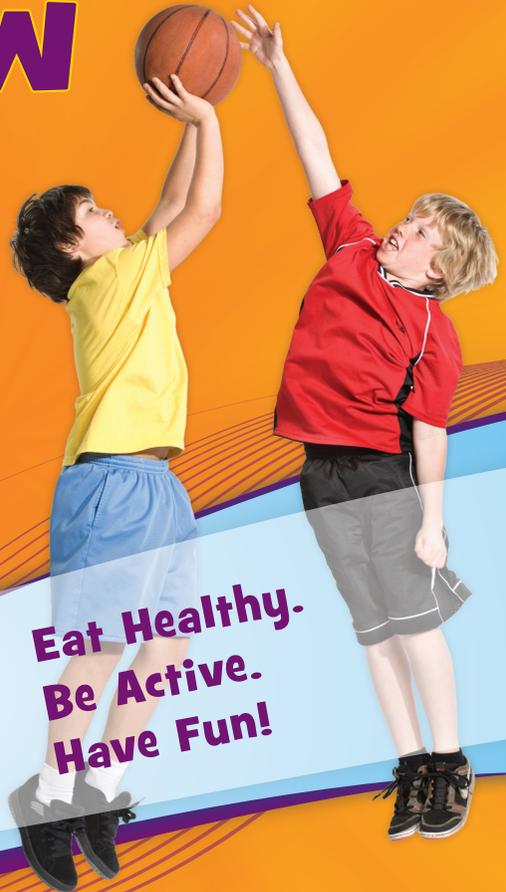


NAME _____



Try Something New



**POWER
PLAY**

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



Try something healthy, active, and fun every day this week. Write down your ideas 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 Nutrition Education and Obesity Prevention Branch 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.