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<p>1 Take a 20-minute walk with a parent or an adult.</p> 	<p>2 Try a new fruit you have never tried before</p> 	<p>3 List your favorite GO Foods and post it on the refrigerator</p> 	<p>4 Sit on the floor and stretch while watching TV at home.</p> 	<p>5 Find a food in your house that would fit in each group of the food pyramid.</p> 	<p>6 Go the whole day without drinking a soda.</p> 	<p>7 Write a letter to Flash Fitness describing your favorite GO Activity.</p> 
<p>8 Teach a parent about the differences between GO, SLOW, & WHOA foods.</p> 	<p>9 Take somebody to the park and play catch, shoot baskets, or kick a soccer ball.</p> 	<p>10 Be a "5-A-Day" Kid. Eat 5 servings of fruits and/or vegetables.</p> 	<p>11 Put potato chips and pretzels on napkins. After 15 minutes see which napkin soaked up more grease.</p> 	<p>12 <i>Using two small balls, see how long you can keep BOTH moving with just your feet.</i></p> 	<p>13 Try a new vegetable you have never tried to eat before.</p> 	<p>14 See how many push-ups you can do during commercials of your favorite TV show.</p> 
<p>15 Help your parents cook a heart healthy meal.</p> 	<p>16 <i>Write a letter to Dynamite Diet describing how you would spend \$100 at the grocery store.</i></p> 	<p>17 Play a game of One-Step-Back with a parent or friend.</p> 	<p>18 Draw a picture of what GO people and WHOA people might look like</p> 	<p>19 Try a new GO food you have never tried to eat before.</p> 	<p>20 What's the highest you can throw a ball and still catch it?</p> 	<p>21 Write a letter to Flash Fitness and advise her how to spend \$100 on equipment for GO Activities.</p> 
<p>22 Prepare and serve a healthy CATCH snack to a friend or parent.</p> 	<p>23 Using a balloon, practice sending and receiving skills from 3</p> 	<p>24 List all the reasons why you want to be heart healthy and post it by your bed.</p> 	<p>25 Find and read a food label from one GO Food, one SLOW Food & one WHOA Food.</p> 	<p>24 Count how many steps it takes to walk around your block.</p> 	<p>25 Talk to a friend about healthy choices you have made.</p> 	<p>26 Try some wall sit-ups with a ball. Toss from your back, sit-up, & catch. How many can you do without a miss?</p> 
<p>27 Make a poster board collage of GO Foods you find and cut from magazines and newspapers.</p> 	<p>28 <i>Draw a picture of your favorite GO Activity or Sport.</i></p> 	<p>29 <i>Explore different ways to move a ball from your feet to your hands.</i></p> 	<p>30 Drink 8 glasses of water today.</p> 	<p>Home Team Calendar is a voluntary daily activity conducted outside of school. As days are completed, place a check in the heart. </p> <p>CATCH Texas CATCHTexas.org 7320 N. Mopac, Suite 204 • Austin, TX 78731 866-346-6163 (toll free) • 512-346-6802 (fax)</p>		