

JUNE 2026 HEALTHY SUMMER CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Add two vegetables to your dinner plate. 1	Ride your bike to your next meal.  2	Play "Simon Says" with your favorite exercises. 3	Discover nature on a walk (go early to beat the heat!). 4	Try a new healthy recipe.  5	Select water instead of a sugary drink. 6
Come up with a positive affirmation to say to yourself. 7	Make homemade meals for three days in a row!			Try a fruit that is new to you.  11	Host a "Health Party" with dancing and healthy snacks. 12	Rest your eyes by enjoying a screen-free day. 13
Play with a friend at a local park. 14	Visit a farmer's market.  15	Make a list of foods that have Vitamin D. 16	Eat a healthy breakfast.  17	Create a bingo card with healthy habits. Go for bingo! 18	Enjoy your favorite outdoor activity. 19	Relax your body by stretching your arms and legs. 20
Eat dinner without looking at a screen.  21	Make fresh fruit popsicles from scratch. 22	Nourish your body with a snack that includes veggies. 23	Follow the MyPlate model when making dinner. 24	Try to eat 5 different colors of fruits and vegetables today. 25	Write down your best memory from last school year. 26	Try a new protein like fish or tofu.  27
Make a list of summer fruits and vegetables. 28	Try a new balanced snack like fruit with greek yogurt. 29	Healthy kid's choice! Re-do your favorite activity from June.  30	Show us how you're making healthy choices in June!			

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