

SOBC: Monthly Health Calendar

Welcome to the SOBC Monthly Health Calendar!

STEP #1: Fill in the month! Make sure you indicate the month you are recording your physical activity, nutrition, and hydration!

STEP #2: Set goals for yourself! Set two (2) goals that you would like to accomplish over the course of the month. Your goals can be about health, wellness, sports, school, personal goals, professional goals... anything you would like!

Goal 1:

Goal 2:

STEP #3: Read the challenge goals and guidelines.

How to Use

The SOBC calendar template can be used along with your sport programs to help you keep track of your healthy habits! The goal of this calendar is to keep you accountable for your daily water intake, nutrition, and physical activity. It is easier to live healthy when you are writing it down! For days where you aren't in a program you can find activity suggestions and more on our website on the [Athlete Health Resources page!](#)

There are 3 categories:

1. **Physical Activity:** Throughout the month, complete a healthy, active, or wellness activity **every day** for the entire month, check the box and input what activity you have done in the green wellness row. However, you can complete ANY type of physical activity for a minimum of 20 minutes, to receive a point. Make sure to write in what you complete! This can include your in-person SOBC sport programs!
2. **Nutrition:** Each day I am challenging you to eat FIVE servings of fruits and vegetables. Each time you eat a fruit or vegetable you can write it down and remember how many you still need to eat before bed!
3. **Hydration:** Each day you should drink FIVE 500ml glasses/bottles of water. Using this fillable template, check a box for every bottle/glass of water you have!

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Month:

WEEK #1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did.</p> 	<p>Step #1 Write the month in the above blank!</p>						
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p> 							
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p> 							
							<p>Congrats Week 1 is over!</p> <p>Keep up the great work!</p>

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WEEK #2							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did.</p> 							
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p> 							
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p> 							<p>Congrats Week 2 is over!</p> <p>Keep up the great work!</p>

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WEEK #3							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did.</p> 							
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p> 							
<p>HYDRATION</p> <p>How many 500ml bottles/ glasses of water did you have today? The goal is 5!</p> 							<p>Congrats Week 3 is over!</p> <p>Keep up the great work!</p>

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WEEK #4							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did.</p> 							
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p> 							
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p> 							
							<p>Congrats Week 4 is over!</p> <p>Keep up the great work!</p>

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WEEK #5							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>WELLNESS</p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did.</p> 							
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p> 							
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p> 							
							<p>Congrats Week 5 is over!</p> <p>Keep up the great work!</p>