
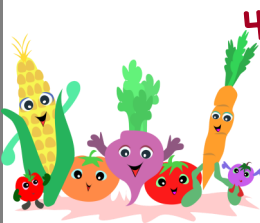



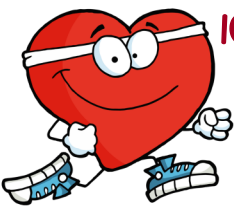
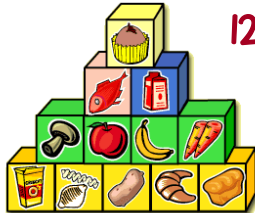

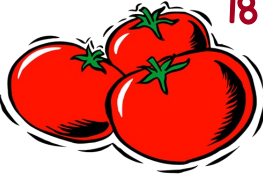





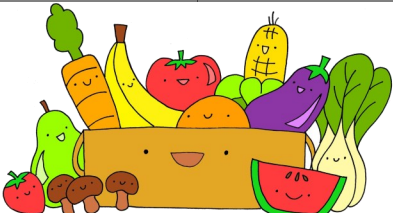



Nutritional November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Author's Day 1</p> <p>Read your favorite book with a parent</p>	 <p>2</p>	<p>What color is your favorite fruit? 3</p>	 <p>4</p>	 <p>5</p>	<p>How many healthy foods can you name? 6</p>	 <p>7</p>
 <p>8</p>	<p>What is your favorite healthy food? 9</p>	 <p>10</p>	<p>Veterans Day 11</p> <p>Thank a veteran for their service!</p>	 <p>12</p>	<p>Collect food to donate to a local food pantry! 13</p>	<p>How many times in a row can you touch your toes? 14</p>
<p>Can you sort your vegetables by size, shape, or color? 15</p>	 <p>16</p>	<p>Have a parent visit choosemyplate.gov for healthy ideas! 17</p>	 <p>18</p>	<p>Practice jumping your feet apart and together! 19</p>	 <p>20</p>	<p>What colors remind you of fall? 21</p>
<p>What are you thankful for this Thanksgiving? 22</p>	<p>Trace your hand and draw a turkey! 23</p>	 <p>24</p>	<p>Gym Closed 25</p> <p>Come make-up your class at Turkey Tumble from 2:00-3:30pm!</p>	<p>Gym Closed 26</p> 	<p>Gym Closed 27</p> <p>What color were your vegetables yesterday?</p>	<p>Gym Closed 28</p> 
 <p>29</p>	<p>What was your favorite part of November? 30</p>			 <p>Virginia Techniques Gymnastics</p> <p>www.VATechniques.com</p> <p>(540) 381-5151</p>		