

2023

HyVee®

KIDSFIT CLUB

— CALENDAR —

Take the monthly challenge to make the healthy choice fun and rewarding. We know you can do it.

For the chance to win exclusive prizes,
submit your challenge here:



**CHALLENGE
ACCEPTED**

MAKE WAY FOR 2023!

We can't wait to see how you move through this next year's challenges. You can do hard things. Let's learn new ways to eat, play and challenge yourself at home in the club. We want to make your life easier, healthier and happier.

Thank you for accepting the challenge,



TAG US ON SOCIAL!



@HyVeeKidsFit



@HVKidsFit



@HyVeeKidsFit



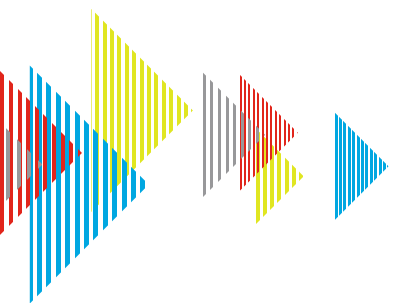
@hyvee_kidsfit



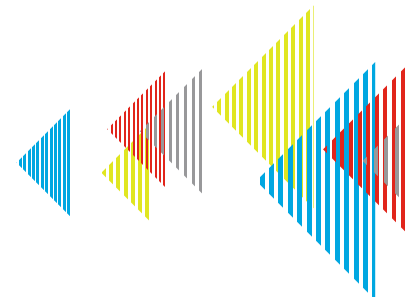
Hy-Vee KidsFit



@hyveekidsfit



My Goals for 2023



Share your goals with a trusted adult to help you be your best!

	What is your goal timeline & progress?	What is going well?	What do you need help with?
GOAL 1			
GOAL 2			
GOAL 3			

JANUARY

100 Rep Challenge

Complete this workout as fast as you can four separate times in one month.
Each time you complete the workout, record your time to see if you can set a personal record!
Cut out around the dotted line and fold along the solid line to create your All-Star Card!

PRO TIP

Scan the QR code and learn
the movements for the
100 rep challenge!



Front

HyVee
KIDSFIT
ALL-STAR

Draw or cut out and
paste your favorite
selfie here!

Write your
name here

Back

HyVee
KIDSFIT

100 Rep Challenge
MY TIMES

1) _____

2) _____

3) _____

4) _____

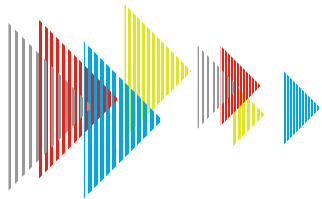
Personal Record



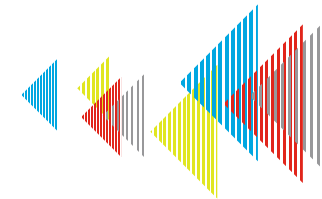
JOINTHECLUB

or submit your challenge for the chance to win prizes!





JANUARY



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King Day	17	18	19	20	21
22 Chinese New Year	23	24	25	26	27	28
29	30	31  Reminder: submit your challenge!	1	2	3	4
5	6	7	8	9	10	11



JOIN THE CLUB

or submit your challenge for the chance to win prizes!



FEBRUARY

Squat Challenge Tracker

Choose five days throughout the month to complete as many squats as possible.
Once you have recorded all five days in the boxes below, add your daily totals together to find your total squat c

PRO TIP

Learn how to squat here



Daily Goal: _____ Overall Goal: _____

Action Plan: _____

Day 1

Day 2

Day 3

Day 4

Day 5

Total Squats: _____



JOIN THE CLUB


or submit your challenge for the chance to win prizes!





FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2 Ground Hog Day	3	4
5	6	7	8	9	10	11
12 Super Bowl	13	14 Valentine's Day	15	16	17 Random Acts of Kindness Day	18
19	20 Presidents Day	21 Mardi Gras	22	23 Chili Day	24	25
26	27	28  Reminder: submit your challenge!	1	2	3	4
5	6	7	8	9	10	11



JOIN THE CLUB

or submit your challenge for the chance to win prizes!



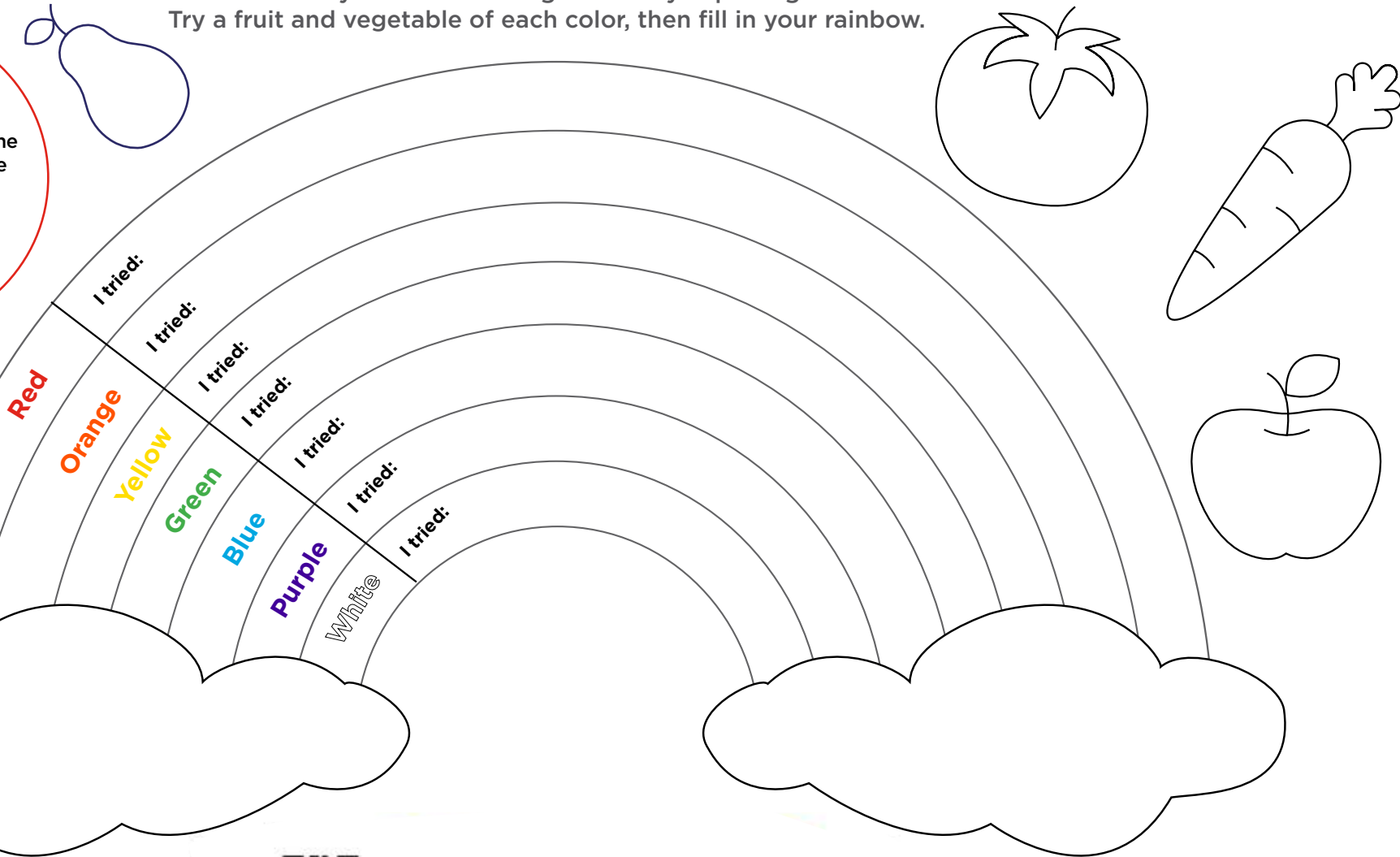
MARCH

Eat Your Way through the Rainbow

Discover a variety of fruits and vegetables by exploring the rainbow.
Try a fruit and vegetable of each color, then fill in your rainbow.

PRO TIP

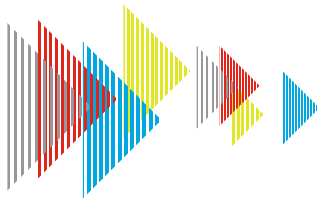
Scan the code and learn the benefits each color of the rainbow brings you!



JOIN THE CLUB

or submit your challenge for the chance to win prizes!





MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1 Peanut Butter Day	2	3	4
5	6	7	8	9	10	11
12 Daylight Savings	13	14	15	16	17 St. Patrick's Day	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Crayon Day Reminder: submit your challenge!	1
2	3	4	5	6	7	8



JOIN THE CLUB

or submit your challenge for the chance to win prizes!



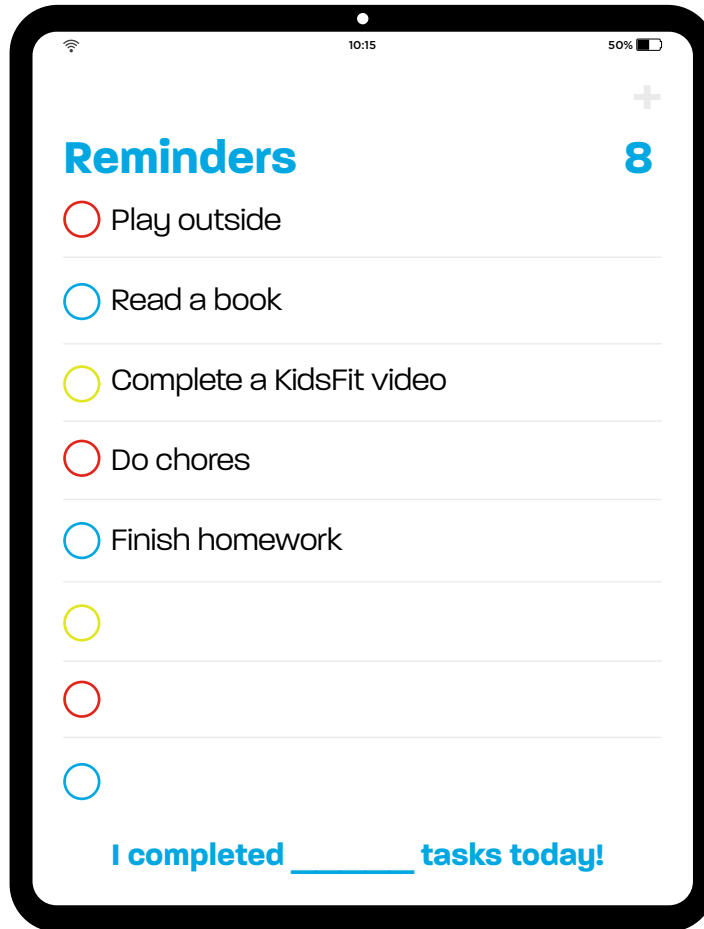
APRIL

Screen Free Me

Complete 3 of these checklist items before starting your screentime for the day.
BONUS: add your own tasks to the list!

PRO TIP

Laminate your worksheet to accept the challenge again!



10:15 50%

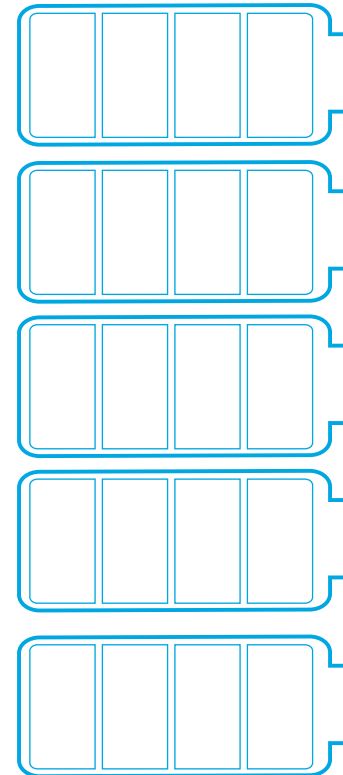
Reminders 8

- ☐ Play outside
- ☐ Read a book
- ☐ Complete a KidsFit video
- ☐ Do chores
- ☐ Finish homework
- ☐
- ☐
- ☐

I completed _____ tasks today!

Color in a piece of the battery when you use 30 min of screen time to meet your goal.

Each space =
30 mins screen time



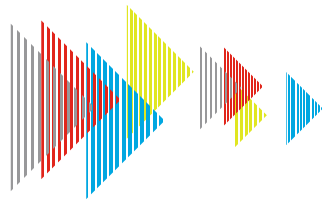
Five battery icons, each divided into four segments for coloring. Each segment represents 30 minutes of screen time.



JOIN THE CLUB


or submit your challenge for the chance to win prizes!





APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 April Fools Day
2	3	4 Carrot Day	5	6	7 Good Friday	8
9 Easter Sunday	10	11	12 Grilled Cheese Day	13	14	15
16	17	18	19	20	21	22 Earth Day
23	24	25	26	27	28	29
30  Reminder: submit your challenge!	1	2	3	4	5	6



JOIN THE CLUB

or submit your challenge for the chance to win prizes!



MAY

Character Chain

Use your chain as a reminder to live with strong character each day!
Cut along the dotted lines and place your Six Pillars of Character in a container. Draw out one pillar at a time and complete the movement for 30 seconds. Connect the ends of the pillar together to make a chain link. Repeat the process until you have completed your chain!

CHARACTER COUNTS!

Itq/ee **KIDSFIT**

Trustworthiness

Plank



CHARACTER COUNTS!

Itq/ee **KIDSFIT**

Respect

Squats



CHARACTER COUNTS!

Itq/ee **KIDSFIT**

Responsibility

Jumping Jacks



CHARACTER COUNTS!

Itq/ee **KIDSFIT**

Fairness

Push-Ups



CHARACTER COUNTS!

Itq/ee **KIDSFIT**

Caring

Sit-Ups



CHARACTER COUNTS!

Itq/ee **KIDSFIT**

citizenship

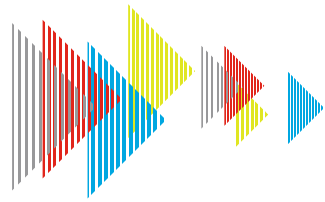
High Knees



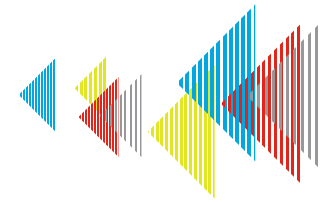
JOIN THE CLUB


or submit your challenge for the chance to win prizes!





MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4 Orange Juice Day	5 Cinco de Mayo	6
7	8	9	10 Clean your Room Day	11	12	13
14 Mother's Day	15	16	17	18	19 Bike to School Day	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31  Reminder: submit your challenge!	1	2	3
4	5	6	7	8	9	10



JOIN THE CLUB

or submit your challenge for the chance to win prizes!



JUNE

Don't Wait, Hydrate

Challenge yourself to drink 8 cups of water each day.
Color in a section of the 64 oz water bottle to help you reach your goal!
Once you have drank 8 cups, the water bottle will be full.

1

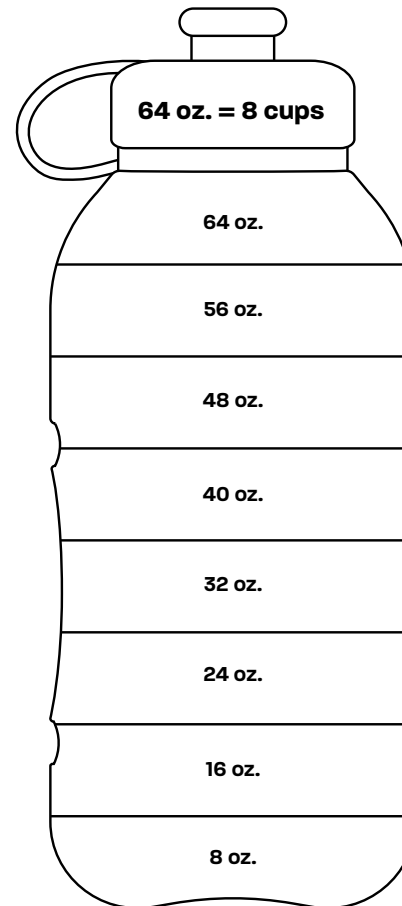
_____ ÷ 2 = _____ oz
Weight lbs

2

_____ x 0.4 = _____ oz
Exercise Minutes

3

_____ oz + _____ oz = _____ oz
Step 1 Step 1 H2O Needed



PRO TIP

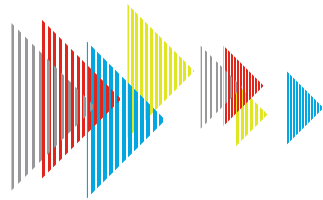
The more active you are,
the more water you need!
Add 3-8 oz for every 20
minutes of exercise!



JOIN THE CLUB


or submit your challenge for the chance to win prizes!





JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8 Best Friends Day	9	10
11	12	13	14 Flag Day	15 Smile Day	16	17 Eat Your Veggies Day
18 Father's Day	19 Juneteeth	20	21 Yoga Day	22	23	24
25	26	27	28	29	30  Reminder: submit your challenge!	1
2	3	4	5	6	7	8



JOIN THE CLUB

or submit your challenge for the chance to win prizes!



JULY

Park-a-Palooza

Get outside! Make it your goal to visit a new park this month.
Draw a picture of what your perfect park would look like.

Tally how many parks
you visited this month!

Name your Park: _____

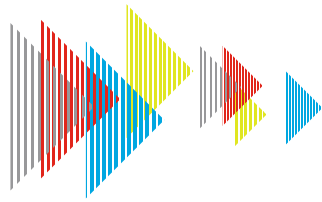
Use your imagination about what will make your park unique and fun place to visit!



JOIN THE CLUB

or submit your challenge for the chance to win prizes!





JULY



SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

25	26	27	28	29	30	1
2	3	4 Independence Day	5	6	7	8
9	10	11	12	13	14 Mac and Cheese Day	15
16 Ice Cream Day	17	18	19	20	21	22
23	24	25	26	27	28	29
30	 Reminder: submit your challenge! Avocado Day	31	1	2	3	4
						5



JOIN THE CLUB


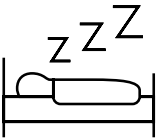




or submit your challenge for the chance to win prizes!



AUGUST

Bedtime Bingo

Better routines mean better sleep and better sleep leads to better days ahead!
Complete the activity in each square to plan out your perfect bedtime routine.
Submit your blackout bingo card for this month's challenge!

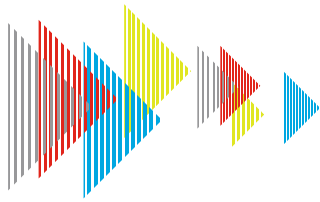
 Electronics away	 Take bath/shower	 Pick up toys	 Reverse table top	 Healthy snack
 Butterfly pose	 Read book	 Turn off lights	 Put on pajamas	 What makes you smile?
 Bursh teeth	 Downward dog	 Good night hugs/kiss	 Pack backpack	 Good night hugs/kiss
 Drink water	 What are you looking forward to?	 Cobra pose	 Comb hair	 Sing a song
 What are you grateful for?	 Lay out clothes	 Use restroom	 Listen to music	 Tree pose



JOIN THE CLUB

or submit your challenge for the chance to win prizes!





AUGUST



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30	31	1	2	3 Watermelon Day	4	5 Play Outside Day
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31  Reminder: submit your challenge!	1	2
3	4	5	6	7	8	9



JOIN THE CLUB

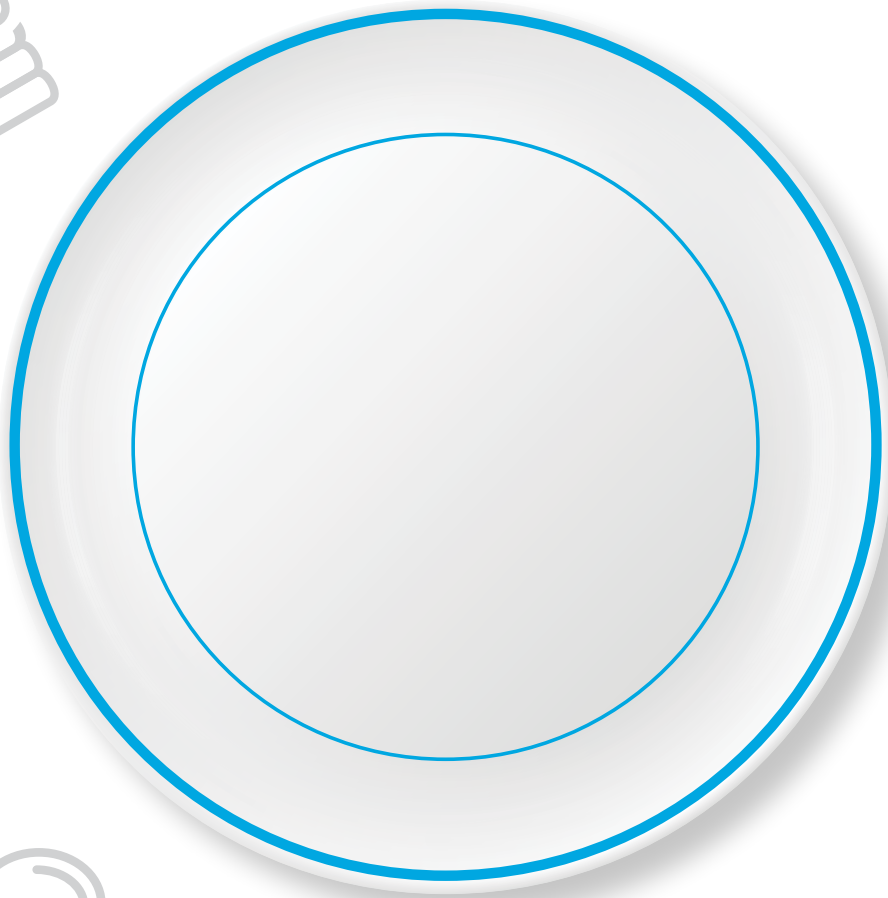
or submit your challenge for the chance to win prizes!



SEPTEMBER

Family Meals Tracker

Draw your favorite meal to eat as a family!
How many times can you eat with your family this week?!



PRO TIP

Family meals matter!
Scan the code for recipes,
videos and dinner time
conversation starters!



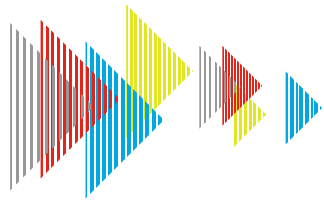
Use this space to tally up how
many times your family sat at the
dinner table together this week!



JOIN THE CLUB

or submit your challenge for the chance to win prizes!





SEPTEMBER



SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

27	28	29	30	31	1	2
3	4 Labor Day	5	6	7	8	9
10	11	12 Hugs and High 5's Day	13 Kids Take Over the Kitchen Day	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30  Reminder: submit your challenge!
1	2	3	4	5	6	7



JOIN THE CLUB

or submit your challenge for the chance to win prizes!



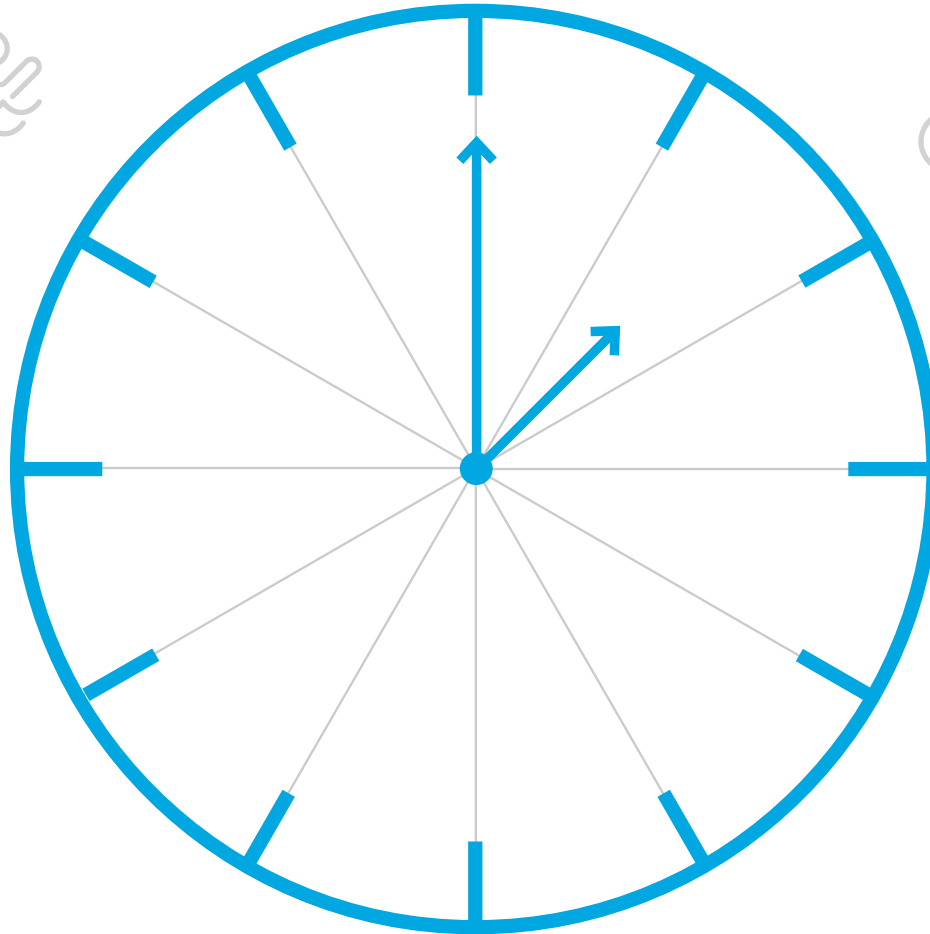
OCTOBER

Move More Minutes

Did you know kids need 60 minutes of movement each day?
Start building daily movement habits with this movement tracker!
For every 5 minutes moved, fill in a section of the stopwatch.

PRO TIP

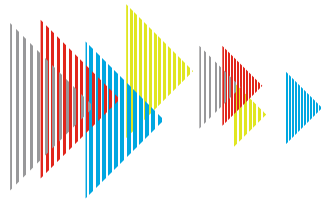
Laminate your worksheet to accept the challenge again!



JOIN THE CLUB

or submit your challenge for the chance to win prizes!





OCTOBER



SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2	3	4 Taco Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Youth Confidence Day	21
22	23	24	25	26	27	28
29 Columbus Day	30	 Reminder: submit your challenge! Halloween	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17



JOIN THE CLUB

or submit your challenge for the chance to win prizes!



NOVEMBER

Thanks & Planks Challenge

Pick 5 days this month to reflect on what you're thankful for.
Complete the plank challenge for the day and check off each day as you go.



1. <input type="checkbox"/>	2. <input type="checkbox"/>	3. <input type="checkbox"/>	4. <input type="checkbox"/>	5. <input type="checkbox"/>
I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:
30 sec Plank	30 sec Plank Shoulder Taps	30 sec Plank Twists	30 sec Walk Out Planks	30 sec Plank Push-Ups

Exercise Duration: Rookie: 30 sec / Pro: 45 sec / All-Star: 60 sec

PRO TIP

Continue this challenge and increase the time you spend reflecting on your thankfulness while completing the movement!



JOIN THE CLUB

or submit your challenge for the chance to win prizes!





NOVEMBER



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

29	30	31	1	2	3	4
5 Daylight Savings	6	7	8	9	10	11 Veterans Day
12	13 World Kindness Day	14 Pickle Day	15	16	17	18
19	20	21	22	23 Thanksgiving	24	25
26	27	28	29	30  Reminder: submit your challenge!	1	2
3	4	5	6	7	8	9



JOIN THE CLUB

or submit your challenge for the chance to win prizes!



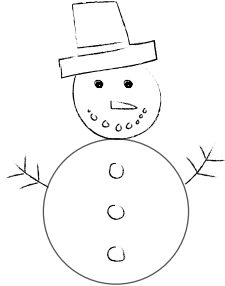
DECEMBER

Flexible Fitness

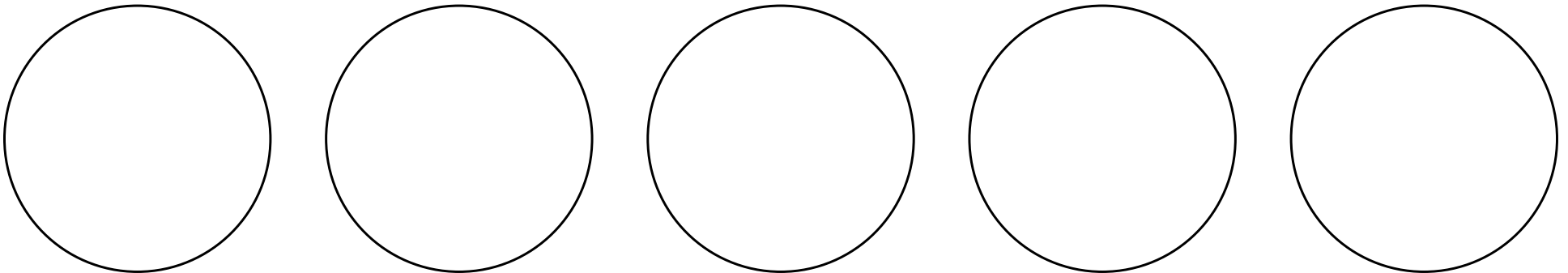
Busy schedules and cooler temps mean we may need to be FLEXIBLE with our movement routines.
For each day you complete 60-minutes of movement, color in a circle!

PRO TIP

Get creative! Turn each circle you color into a new object!



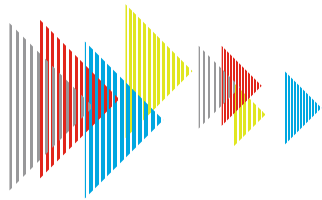
EXAMPLE



JOIN THE CLUB

or submit your challenge for the chance to win prizes!





DECEMBER



SUNDAY

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

26	27	28	29	30	1	2
3	4	5	6	7 Hanukkah Begins at Sundown	8	9
10	11	12	13	14	15 Hanukkah Ends at Sundown	16 Ugly Christmas Sweater Day
17	18	19	20	21	22	23
24 Christmas Eve	25 Christmas Day	26	27	28	29	30 Bacon Day
 Reminder: submit your challenge! New Year's Eve	1	2	3	4	5	6



JOIN THE CLUB

or submit your challenge for the chance to win prizes!




An abstract graphic featuring three sets of vertical stripes of increasing height from left to right. The first set on the left consists of blue stripes. The middle set consists of yellow stripes. The third set on the right consists of red stripes. The stripes are arranged in a way that they appear to be part of a larger, stepped structure. In the bottom left corner, the number '232' is displayed in a bold, white, sans-serif font.



KIDZ FIT

Name: _____



Screen Free Me

Complete 5 of these checklist items before starting your screen time for the day.
BONUS: add your own tasks to the list!



PRO TIP

Students often forget the challenge again!



Glance at a piece of the battery when you see 30 mins of screen time to meet your goal.


Set screen time

30 mins screen time




Set screen time

60 mins screen time



Set screen time

90 mins screen time




Set screen time

120 mins screen time



Set screen time

150 mins screen time




Set screen time

180 mins screen time










BONUS THE CLUB

3 students who complete all challenges

APRIL






























 Name: _____





Bedtime Bingo


Better routines mean better sleep and better sleep leads to better days ahead!
 Complete the activity in each square to plan out your perfect bedtime routine.
 Submit your finished Bingo card to this county challenge.

				
Electronics away	Take bath/shower	Pick up toys	Reverse table top	Healthy snacks
				
Bedtime song	Brush teeth	Turn out lights	Put on pajamas	What do you need?
				
Snuggly	Drinking water	Zzz	Pick backpack	Good night routine
				
Drink water	What are you thinking forward to	Color page	Comb hair	Sing a song
				
Lay out clothes	Lay out clothes	Use restroom	Listen to music	Read page








AUGUST


KIDSFIT

Name: _____




Flexible Fitness




Many schedules and color themes (even on the FLEXIBLE) with our movement routines.


For each day you complete 60-minutes of movement, color in a circle!

PRO TIP
 Get consistent! Turn each circle you color into a new theme!



EXAMPLE





DECEMBER