

# Mix It Up Pocket Calendar

## Folding Instructions:

1. Fold this sheet of paper on dashed line A, firmly crease and unfold.
2. Repeat step 1 with dashed lines B and C.
3. Cut out calendar on solid lines.
4. Refold starting with A and B as an accordian. "A" should be folded so that it lines up with bottom of calendar.
5. Fold in half so the words "Mix It Up" are facing you.

# MIX IT UP

**Circle the type of snack you've had today.**

We know it's hard to remember what kind of snacks we've had throughout the month. This will help you keep track, so you can mix it up and snack healthier everyday.



**Totals:** ● \_\_\_\_\_ ● \_\_\_\_\_ ● \_\_\_\_\_

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●
● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●
● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●
● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●
● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●

