[](http://www.google.com/imgres?q=play+children&hl=en&gbv=2&biw=1280&bih=632&tbs=itp:clipart&tbm=isch&tbnid=8sPZ7XgqL7B9tM:&imgrefurl=http://bariatricbeginnings.wordpress.com/2011/10/17/my-goals-for-weight-loss/&docid=j_YUFLv9y6rqtM&imgurl=http://bariatricbeginnings.files.wordpress.com/2011/10/playing-with-your-children.jpg&w=300&h=289&ei=ttHnTq7-JMLo0QGz4rHvCQ&zoom=1)

**It’s Time To Play!**

|  |  |
| --- | --- |
| [http://t0.gstatic.com/images?q=tbn:ANd9GcSdIoexW7wZE6CHj-NRho39vh_n8IP_oXaa9OKZgoVokLyQJsV-](http://www.google.com/imgres?q=calendar&hl=en&gbv=2&biw=1280&bih=632&tbs=itp:clipart&tbm=isch&tbnid=_H9ASmimDTPYoM:&imgrefurl=http://kariskhaos.wordpress.com/2011/08/29/&docid=BP9QGI7Qi29QWM&imgurl=http://kariskhaos.files.wordpress.com/2011/08/calendar_1_tnb.png&w=350&h=333&ei=kdLnTq7nHOrL0QGI6Lj6CQ&zoom=1)  DAY | [http://t1.gstatic.com/images?q=tbn:ANd9GcSWGcsq1_696iO-l5L6FQG4BjP-Enez-1eOJGAD4MRE2CAdRU8s](http://www.google.com/imgres?q=timer&hl=en&gbv=2&biw=1280&bih=632&tbs=itp:clipart&tbm=isch&tbnid=-DvhnCUVwjn_iM:&imgrefurl=http://www.picturesof.net/pages/100103-175223-189042.html&docid=wMmmLf9CzCdUgM&imgurl=http://www.picturesof.net/_images_300/Cartoon_Stopwatch_Royalty_Free_Clipart_Picture_100103-175223-189042.jpg&w=299&h=300&ei=9NLnTrfwNsf40gHZi5ChCg&zoom=1&iact=rc&dur=15&sig=100457568116134783385&page=1&tbnh=112&tbnw=110&start=0&ndsp=18&ved=1t:429,r:3,s:0&tx=72&ty=41)  Time: Aim for at least 15 minutes. |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_