

2017

**Healthy Pets Healthy
Families Calendar**



Welcome to the Healthy Pets, Healthy Families 2017 Calendar!

This calendar was made to help you stay healthy and have fun doing it. Each month, there are fun activities to do like coloring and connecting the dots. You can also write health goals with your family. The last page has a weekly chart where you can write your physical activity goals. We want your whole family (that includes your pets) to stay healthy and active!

You can write down your goals for physical activity, sleeping, and healthy eating goals every month. Be sure to hang the calendar on the refrigerator where everyone can see it.

Use this example to create your own monthly goals:



Physical Activity Goals



Sleeping Goals



Health Eating Goals

Our monthly goal:

It's time for your family (and pets) to get up and get moving!

This month:



Mom and I will walk outside for 30 minutes every Thursday.



I'm going to bed at 8:30 pm every Thursday night.



I'm going to eat 1 piece of fruit a day.

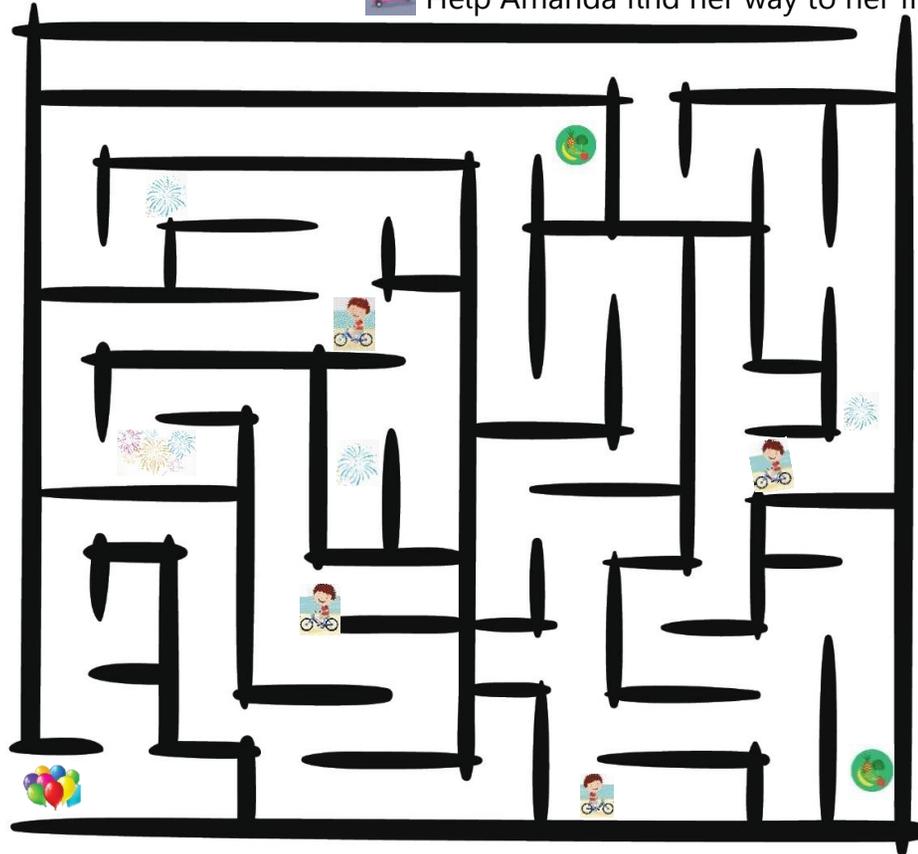
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January 2017

Take a weekly family walk around your neighborhood or park.
Don't forget to bring your dog.



Help Amanda find her way to her friends.



My monthly goal:

It's time for your family (and pets) to get up and get moving!

This month:







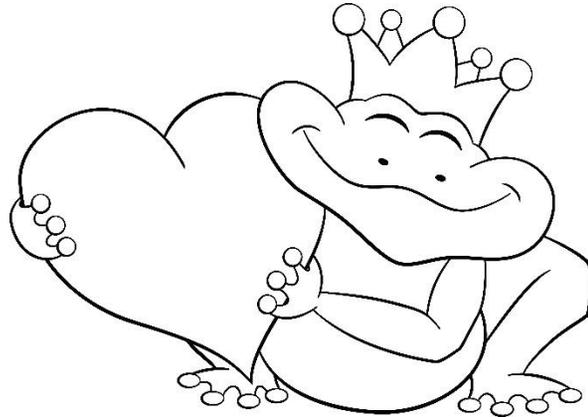
January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
New Year's Day	National Pet Safety Day			National Bird Day		
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Martin Luther King Jr. Day					
22	23	24	25	26	27	28
29	30	31				

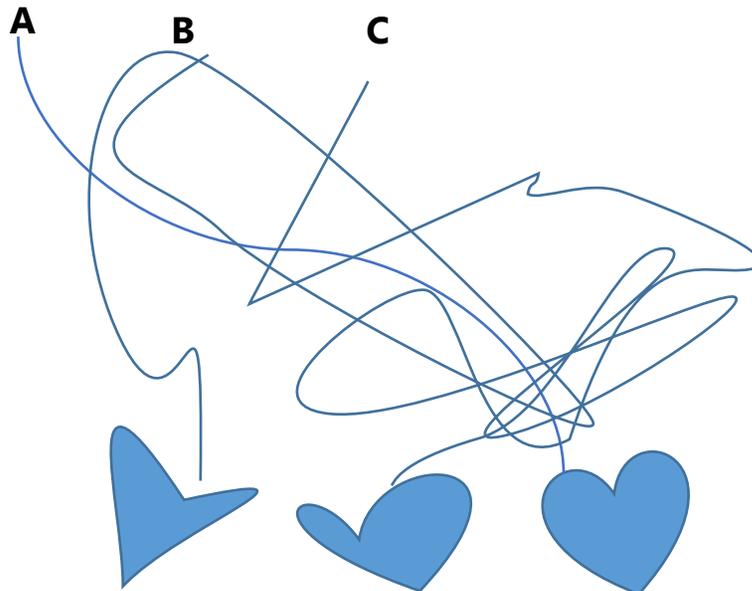
Tip: Work with your family to make exercise goals.

February 2017

Turn off the TV and help your parents with the chores.



Help Mr. Frog Prince find the heart that matches his heart.



My monthly goal:

It's time for your family (and pets) to get up and get moving!

This month:



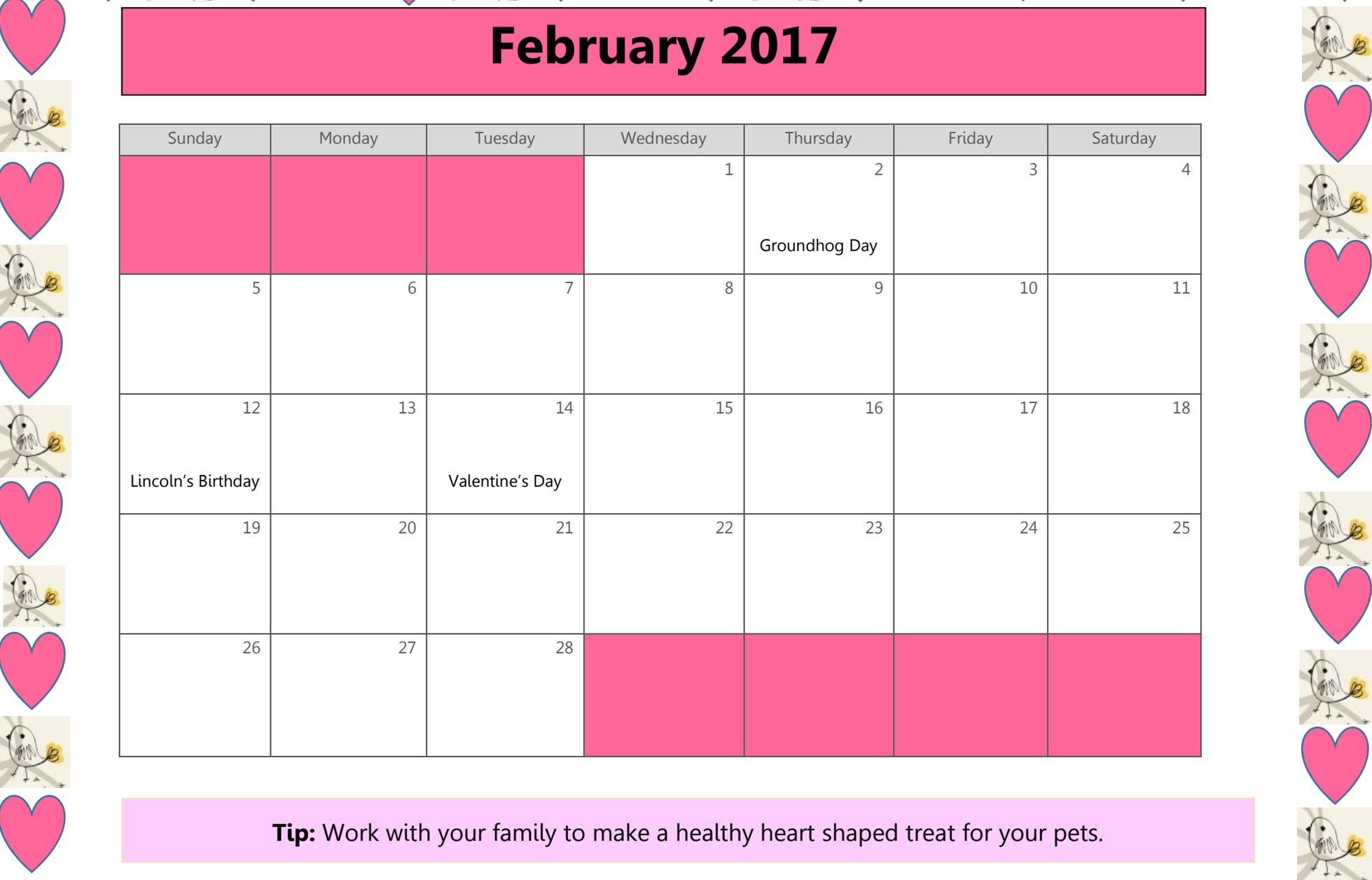






February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12 Lincoln's Birthday	13	14 Valentine's Day	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

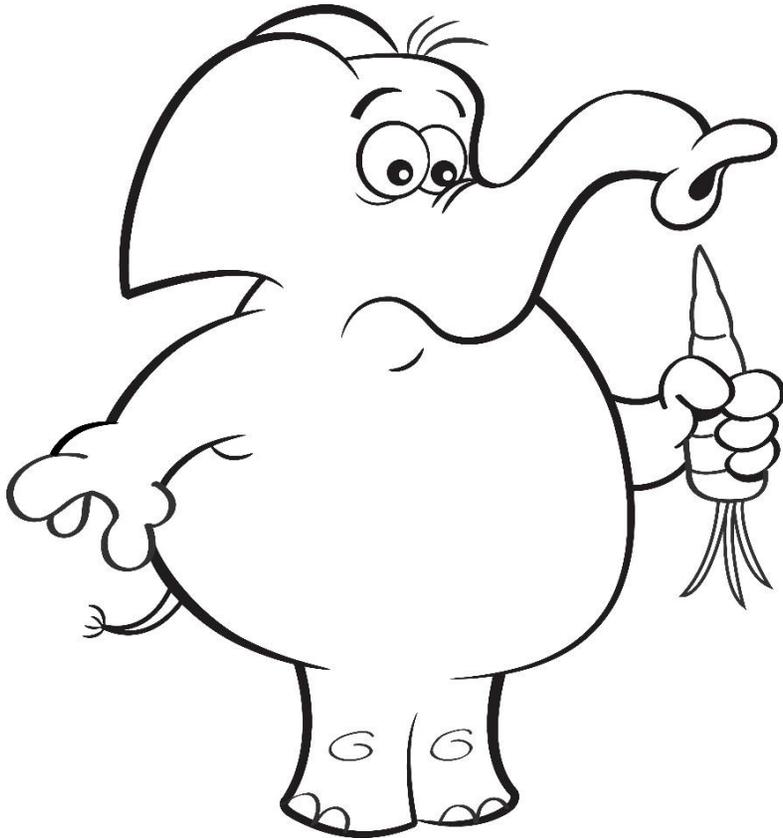


Tip: Work with your family to make a healthy heart shaped treat for your pets.

March 2017

Share healthy snacks with your friends at school.

Help color Eddie the elephant.



My monthly goal:

It's time for your family (and pets) to get up and get moving!

This month:









March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12 Daylight Saving Time Begins	13	14	15 National Agriculture Day	16	17 St. Patrick's Day	18
19	20	21	22	23 National Puppy Day	24	25
26	27	28	29	30	31 Cesar Chavez Day	

Tip: Make a healthy snack like peanut butter and celery sticks with your family.



April 2017

Plant a tree with your family and friends to celebrate Earth Day.

Color Andy and his friends and don't forget about the bunny.



My monthly goal:

It's time for your family (and pets) to get up and get moving!

This month:









April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Every Day is Tag Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Earth Day
23	24	25	26 National Kids and Pets Day	27	28 Hairball Awareness Day	29
30						

Tip: Take your dog for a walk and enjoy the outdoors with your family.

May 2017

Never leave your pets during an emergency.

Look for the words in the puzzle. Words can be diagonal, horizontal or backwards.

S S N P L A N K X Y U Z H A A BATTERIES
F R K I T P U Z S G T L U S K EARTHQUAKE
F I N J X A R E A S W B R P F FIRST
Y L Y F I R I K I M A H Q P Y AID
R J A I D R B L Z F W T F I R KIT
R E W S E O K Z E O F J S H G CHECKLIST
N W M T H C Z R Z O D I X M S FLASHLIGHT
H X T E E L I C T D P U R H S FIRE
O A K H R F I X M W T L F S R FLOOD
B G C R E G J G G T D G A L T WATER
K E Q P A N E G H V W O O F P EMERGENCY
V N X X D U G N K T T A K D Y EXIT
H H L I Y Q P M C H X O T E H READY
K U N I T W Q G M Y Z I R E C PLAN
E A R T H Q U A K E S C M K R

My monthly goal:

It's time for your family (and pets) to get up and get moving!

This month:







May 2017

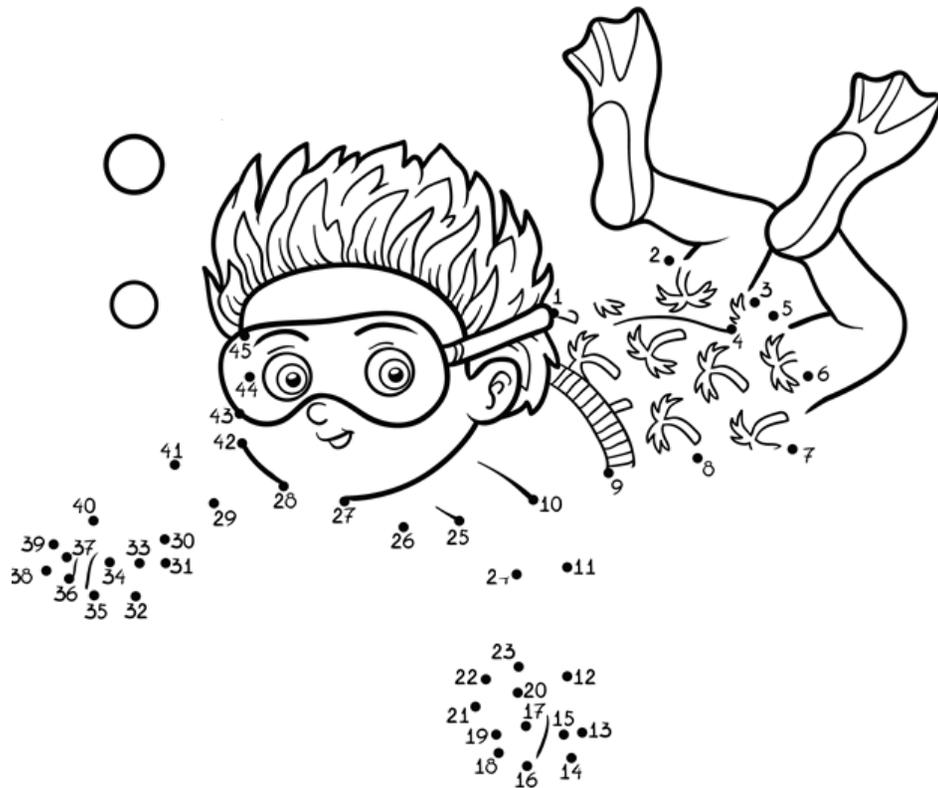
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Cinco de Mayo	9	10	11	12	13
14 Mother's Day	15	16	17 National Animal Disaster Preparedness Day	18	19	20
21	22	23	24	25	26 National Heat Awareness Day	27
28	29 Memorial Day	30	31			

Tip: Take your pets with you if you leave your house during an emergency.

June 2017

Go to the beach and have some summer fun.

Connect the dots starting from number 1.



My monthly goal:

It's time for your family (and pets) to get up and get moving!

This month:







June 2017

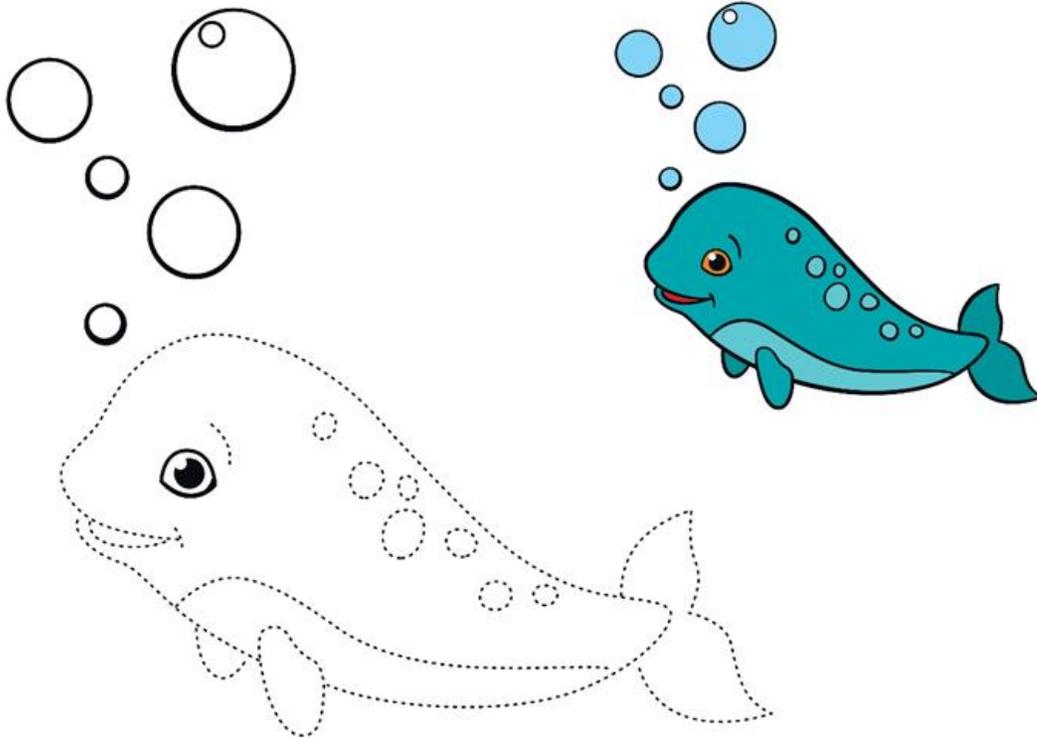
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
International Hug your Cat Day				World Oceans Day		World Pet Memorial Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Father's Day						
25	26	27	28	29	30	

Tip: Play outside in the early morning or late afternoon when it's cooler.

July 2017

Make sure to have plenty of water during the summer.
Don't forget, pets needs water too.

Connect the dots for Walid the whale.



My monthly goal:

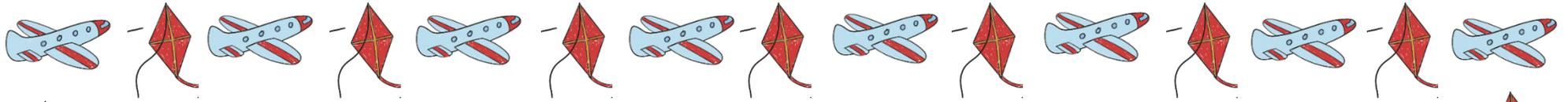
It's time for your family (and pets) to get up and get moving!

This month:





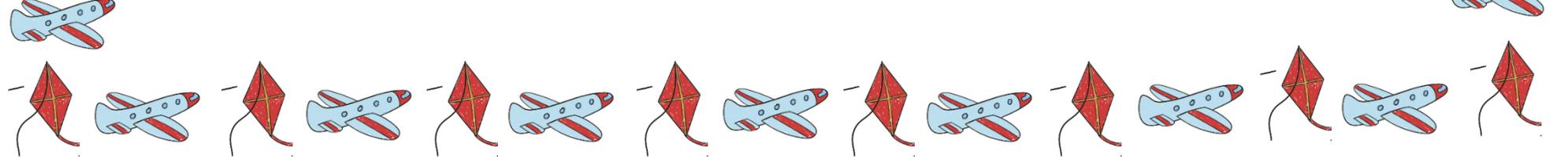




July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Independence Day	5	6	7	8
9	10	11 National Check the Chip Day	12	13	14	15
16	17	18 National Take your Cat to the Vet Day	19	20	21	22 National Dog Day
23/30	24/31	25	26	27	28	29

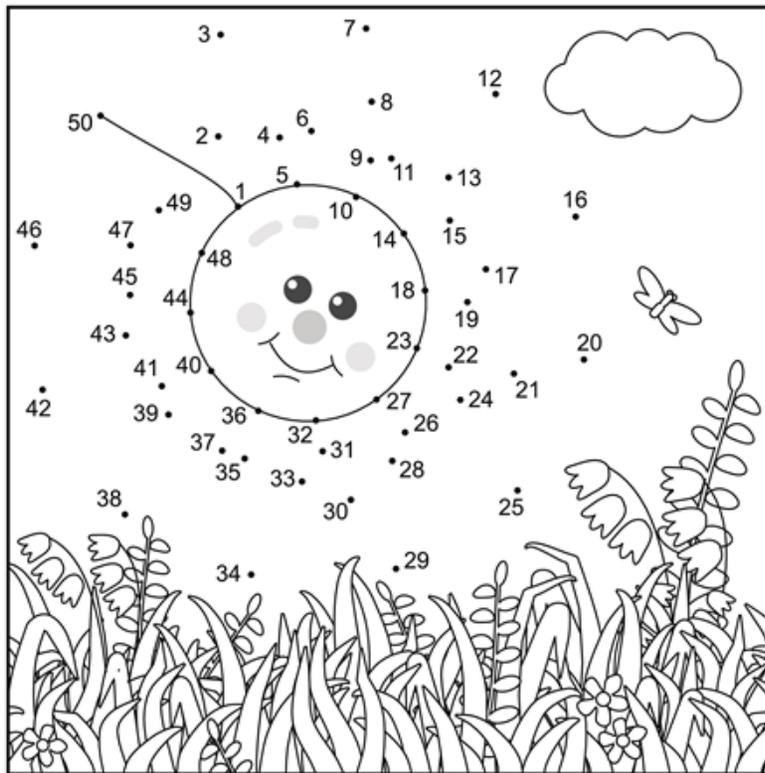
Tip: Be sure to wear sunglasses, sunblock, and a hat while outdoors.



August 2017

Go to the park with your family to play soccer and have a healthy picnic before the new school year.

Connect the dots starting from number 1.



My monthly goal:

It's time for your family (and pets) to get up and get moving!

This month:





August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 World Mosquito Day	21	22	23	24	25	26
27	28	29	30	31		

Tip: It's important to get enough sleep for the new school year. Be sure to turn off all games and lights before you go to sleep.



September 2017

When you walk to school, follow traffic signs, signals, and instructions from the school crossing guards.

Color Carlos the crossing guard and his dog.



My monthly goal:

It's time for your family (and pets) to get up and get moving!

This month:







September 2017

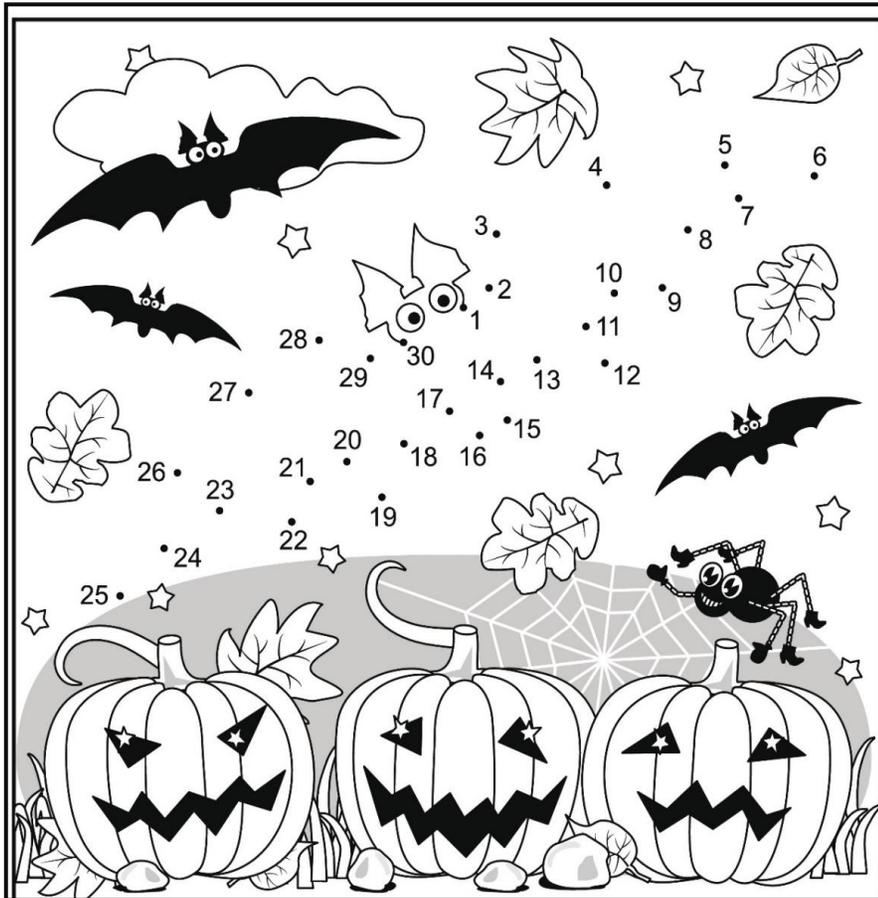
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day	5	6	7	8	9
10 Grandparents Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 World Rabies Day	29	30

Tip: Always stay safe while traveling to and from school.
Look both ways, check for cars, and safely cross the street in marked crosswalks only.

October 2017

Make sure you eat a healthy meal before trick-or-treating.

Connect the dots starting from number 1.



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It's time for your family (and pets) to get up and get moving!

This month:







October 2017

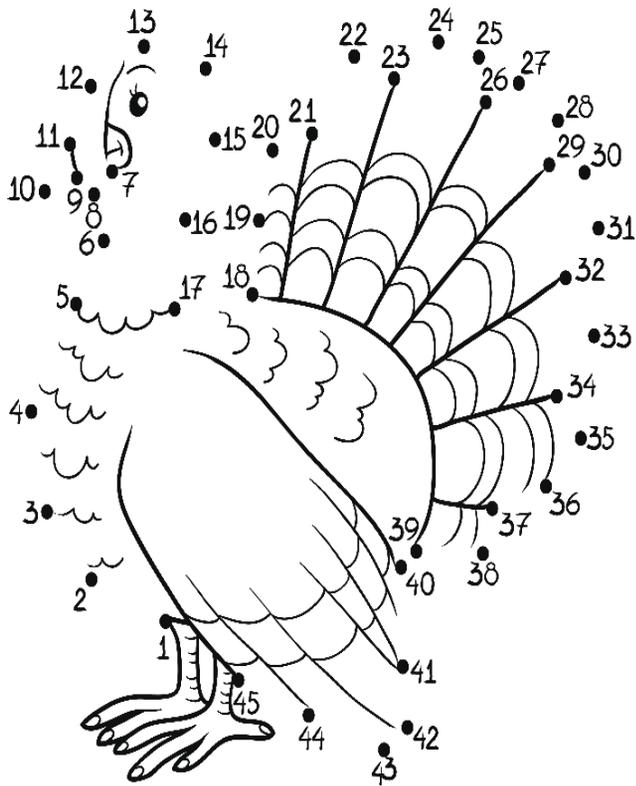
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 World Animal Day	5	6	7
8	9 Columbus Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 National Cat Day	30	31 Halloween				

Tip: Keep all candy away from your pets.
Don't forget to floss and brush your teeth to prevent cavities.

November 2017

After the holiday meal, play a game as a family by taking turns acting out different animals.

Connect the dots starting from number one.



My monthly goal:

It's time for your family (and pets) to get up and get moving!

This month:









November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					One Health Day	
5	6	7	8	9	10	11
Daylight Saving Time ends						Veterans Day
12	13	14	15	16	17	18
19	20	21	22	23	24	25
				Thanksgiving	National Take a Hike Day	
26	27	28	29	30		

Tip: Don't feed pets food from holiday meals. It can make them sick.

December 2017

Walk around the neighborhood with your family and see how many holiday decorations you can find.

Connect the dots starting from number one.



My monthly goal:

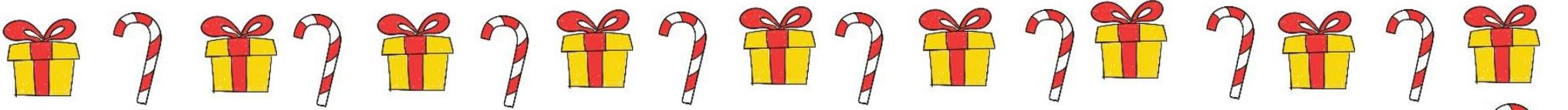
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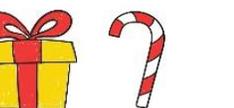
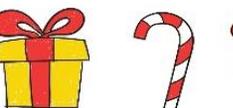


December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	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
Christmas Eve	Christmas		Visit the Zoo Day			
31						
New Year's Eve						



Tip: Be careful with the holiday decorations.
Dogs and cats like to put things in their mouths.



Use this weekly calendar to help you and your family plan different exercises. Get creative and get moving.



Day	Activity	What time	Who	Did we do it?
EXAMPLE	Swimming	2:00pm	Grandma and I	Yes!
	Walking	7:30pm	Mom, Fido (dog) and I	Yes!
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Sources:

<http://www.timeanddate.com>

<http://kids.usa.gov>

<http://kidshealth.org>

<http://www.letsmove.gov/move-everyday>

<http://adha.org>

<https://www.cdc.gov/>

**Special thanks to the Healthy Pets, Healthy Families Coalition
and Los Angeles County Department of Public Health.**



This calendar is brought to you by the Los Angeles County Healthy Pets Healthy Families Coalition, where community members, volunteers and professionals come together to develop ideas of promoting and improving community and animal health. With that in mind, we firmly believe that healthy pets can lead to healthy families. Our coalition developed this calendar to promote healthy lifestyles for children and to raise awareness about animal health. If you would like more information about our coalition, visit our webpage at:

<http://publichealth.lacounty.gov/vet/HealthyPetsHealthyFamilies.htm>

Farewell



Hello 2018!