

# 2012 November

**A healthy lifestyle is made up of a whole collection of small, daily decisions.** The decision to drink water instead of soda may seem insignificant, but when spread out over a week, month or year, it adds up to a healthy, happy you! Print out this calendar and check in daily to see what little thing you can do to keep healthy and strong.

sun mon tue

wed

the

erri

*sat*

