

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 High 5 –2- 1- 0	2 Screen Free Saturdays
3 Super Sundays	4 Meal Prep Mondays	5 2 for 2	6 Read & Renew	7 Just Dance	8 High 5 –2- 1- 0	9 Screen Free Saturdays
10 Super Sundays	11 Meal Prep Mondays	12 2 for 2	13 Read & Renew	14 Just Dance	15 High 5 –2- 1- 0	16 Screen Free Saturdays
17 Super Sundays	18 Meal Prep Mondays	19 2 for 2	20 Read & Renew	21 Just Dance	22 High 5 –2- 1- 0	23 Screen Free Saturdays
24 Super Sundays	25 Meal Prep Mondays	26 2 for 2	27 Read & Renew	28 Just Dance	29 High 5 –2- 1- 0	30 Screen Free Saturdays
31 Super Sundays						



Meal Prep Mondays

Do you constantly feel that time flies? Meal prepping can help families later in the week so that they have less decisions to make around eating. Take every Monday with your household to prepare meals for the week!

This can also help families eat healthier meals by not having to take a lot of extra time out of their busy lives to cook or gather ingredients for a meal. As you plan, aim to get 5 servings of fruits and vegetables daily to help fuel the family throughout the week.

Bonus Benefit: Journal about what changes are noticed in the family's lifestyle and/or health after meal prepping for two weeks in a row this month!

Tasks to help you get started:

- Write out meals for each day of the week.
- Gather Ingredients
- Food Prep: Cleaning and chopping fruits and veggies, Pre-cooking or making anything that can be reheated, Freezer pulling any foods needed for meals for the week.

2 for 2

5-2-1-0 is a healthy kid's program in Iowa designed to help implement healthy habits into one's daily life. Every **Tuesday** aim to hit the **2** in 5-2-1-0, which stands for "2 hours or less" of screen time in one day.

According to Backlinko, a well-established website in the search engine optimization (SEO) industry, the average teenager (ages 13-18) has a screen time of over 8 hours a day! The average person in the U.S spends about 6.5 hours a day on a screen. To hit the **2** in 5-2-1-0, aim for **2** hours of screen time or **2 hours** less than your daily average today.

Bonus Ideas to help replace your screen time:

- Take a trip to the grocery store and pick two items (from the produce section) the family has never tried.
- Try these two new items at home as a family.

[Revealing Average Screen Time Statistics for 2025](#)

[Healthy Active Living for Families: The 5-2-1-0 Approach - HealthyChildren.org](#)

Read & Renew

Wednesday marks the middle of the week for many. Take some time today to recharge your brain with reading. Reading can help renew your mind and has benefits for your health. Some benefits include strengthening your brain/ cognitive abilities, expanding your vocabulary, better sleep, and reducing stress. Take every Wednesday to read for at least 15 - 30 minutes or more.

Pro Tip: If it is difficult to find free time, break up your 30 minutes of reading into 10 or 15 minute time slots throughout the day.

[Benefits of Reading Books: For Your Physical and Mental Health](#)

High 5 –2 –1- 0

End the week on a **high** note and plan a **5-2-1-0-themed** lunch for the family.

5 - Start by finding 3/5 fruits and vegetables needed to get closer to the 5 needed per day.

2 – Eat lunch without any handheld screens.

1 – Take a walk/run before or after eating to help get 1 hour of physical activity per day.

0 – Pack zero sugary drinks for the day to avoid short-term energy.

Bonus Completion: Give a **High 5** to a friend or relative to complete a High 5 Friday lunchtime.

Just D a n c e

Exercise does not have to be boring or painful. Dancing is a great way to get a good workout in. Take 30-60 minutes every Thursday to just dance.

How?

You can search for Just Dance videos on YouTube or play some music and come up with a unique routine!



Blank Children's Hospital
UnityPoint Health

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



Super Sundays

Spend every Sunday in August having a Super Sunday. Do the high-performance workout listed on that date or have a tournament with a favorite activity, sport, or game with your friends or family!

Week 1 - Cardio (Running/ Walking)

Week 2 - Core (Planks/Sit-ups)

Week 3 - Lower Body (Squats/Lunges)

Week 4 - Upper Body or Your Choice! (Pushups/Bench press with weights)

Week 5- Repeat a prior week or come up with your own challenge.

Screen Free Saturdays

Summer is making its way to an end. Scratch the screen time today, and spend your summer wisely. Replace Saturday screen time with some outdoor activities.

Last Day of Summer Countdown: August 1 = Only 53 days left of summer! That is only 6 full weeks!

Outdoor Examples:

- Visit a local [Farmers Market](#)! (Downtown Des Moines, Greater Des Moines, Community Farmer's Markets)
- Visit a park
- Campout in the backyard or campground
- Swimming
- Have a picnic with friends or relatives
- Read outdoors