

Naabdin Giizis – Snow Crust Moon – March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 FREE	2 Please print your calendar	3 If you usually drink soda, cut the amount in half today	4 Grab a piece of fruit instead of candy today	5 Eat a YELLOW-ORANGE Fruit or Vegetable today
6 Enjoy some Ziinzibaakwad today	7 Eat a RED Vegetable or Fruit Today	8 Try this fitness video https://youtu.be/rDXfj2Mcl6c	9 If you usually drink soda, drink water instead all day	10 Try a new recipe for dinner tonight	11 Enjoy a handful of nuts and seeds today	12 Go to bed an hour earlier than usual
13 Make your own flavored water today	14 Practice a 5 Minute Meditation Today https://youtu.be/inpok4MKVLM	15 Try a new kind of tea today	16 Read the Nutrition Facts label and choose an item with No ADDED Sugars	17 Eat a GREEN Vegetable or Fruit Today	18 Try a new whole grain food today	19 Make a new Bean Soup recipe
20 Cut up vegetables to use for lunches and in cooking this week	21 Start your day by eating something within an hour of getting out of bed	22 Eat a BLUE PURPLE Fruit or Vegetable today	23 Drink 64 ounces of water today	24 Go to bed 30 minutes earlier than usual tonight	25 Go for a 30 minute walk outside today	26 Eat all 5 colors of Fruits or Vegetables today
27 Use Ziinzibaakwad in place of white sugar in a recipe today	28 Get 7-9 Hours of Sleep Tonight	29 Try this fitness video https://youtu.be/otwUpRHyl6zY	30 Eat a WHITE, TAN or BROWN Fruit or Vegetable today	31 Redo your favorite activity of Naabdin Giizis		