

# 2024 March

## National Nutrition Month

Flower of the Month: Daffodil



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Create in me a clean heart, O God,  
And renew a steadfast spirit within me.

Psalm 51:10

3

Do 5 push-ups



4

Go outside and  
write down five  
sounds you hear

5

Try a new fruit



6

Draw a picture  
to celebrate  
Michelangelo's  
Birthday  
(1475)



7

Take a 15 minute  
walk outside

1

World Day  
of Prayer



2

Read  
John 3:16-18

8

Go outside and  
ride bikes



9

Read  
Mark 14:32-38

10

Make cookies  
for a friend



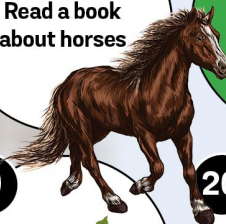
11

Eat an  
apple



12

Read a book  
about horses



13

Wear  
something  
green

14

POPCORN  
Lover's Day



15

Laugh with  
your friends



16

Read  
John 19:13-18

17

Try a new  
vegetable

18

Plant a  
flower seed



19

First Day  
of  
Spring



20

Paint a picture  
on a rock



21

WORLD  
DOWN  
SYNDROME  
DAY  
21 MARCH



22

Create a  
Chip Dip  
recipe



23

Read  
Mark 15:33-39

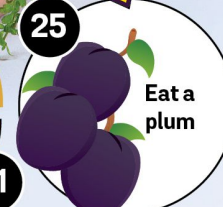
24

Waffle Day



25

Eat a  
plum



26

Make Up Your Own  
Holiday Day

27

Go outside  
and find pictures  
in the clouds



28

Wear  
something  
with stripes



29

Good Friday

30

Read  
Matthew 28:2-7

HE IS  
RISEN

31