

**FIT: Families in Training**  
**Family FUTP60 Packets**

Handout 1: FIT and Timeline (include Field Day)

Handout 2: Eating Together (2 sided)

Handout 3: Eating Together Calendar  
Eating Together Directions

Handout 4: MyPlate (2 sided)

MyPlate Magnet

Chain/Card

Handout 5: Weekly Food Group Directions  
Weekly Food Group Timeline

Handout 6: Fruits and Veggies Tracker  
Fruits and Veggies Info

Handout 7: Grain Tracker  
Grain Info

Handout 8: Dairy Tracker  
Dairy Info

Handout 9: Protein Tracker  
Protein Info

Handout 10: Physical Activity Directions (include marathon)

Handout 11: Physical Activity Tracker  
Physical Activity Tracker