

Fitness Calendars



Physical Fitness should be a way of life. To encourage this in our children, and get them moving every day, I have come up with a Fitness Calendar. **This is an optional activity.** If you want to participate this is how:

Directions:

1. You may get credit for physical activity completed on the actual day you do the activity. The activity should be 30 minutes or more in length and may be done in segments. Example: a 15 minute walk with the dog in the morning and 15 minutes of bike riding in the afternoon is 30 minutes of activity for the day.
2. When you finish an activity have an adult sign (or initial) the square/day on your fitness sheet.
3. Fitness activities are to be done outside of school so recess time, PE and field trips will not be counted unless it is stated on the calendar (i.e. The Walk-A-Thon)
4. You may do the same activity up to four times per month unless it is an organized sport you participate in (soccer practice and games each week.)
5. You may count a sport practice/game as an activity up to 3 times in a given week.
6. You may substitute the activity listed for one of your own by crossing out what is written and writing in what you actually did. Have a parent initial it!
7. To be eligible for recognition you must have completed 20 days of activity and a parent's signature each day of participation.
8. Calendars must be turned in to Mrs. Hughes, your teacher or the office the first week of the following month.
9. At this time computer and video games are not allowed. This includes Wii Sports and Wii Fit.

Parents, thank you for helping your child with the valuable lesson of teaching of the importance of daily physical activity.