

# 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 only one fitness activity per day and the activity must be done on that day.
2. When you finish an activity have an adult sign (or initial) the square 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.
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 20 signatures per calendar.
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.