

FITNESS CALENDAR
Due by Jan 6th

December
2009

Name: _____

Teacher: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Make an obstacle course and do it.	2 Play a game of catch with a friend.	3 Practice your jump rope tricks and show some one.	4 Write in your own activity. What did you do?	5 Go Christmas tree shopping with your family for the perfect tree.
6 Help decorate the house for the holidays 	7 Make up a new game of tag and play it with some friends.	8 Practice dribbling a ball with your hands.	9 Hula Hoop! Time yourself and see how long you can go without missing. How long?	10 Practice your jumping jacks. How many can you do?	11 Go for a bike ride. Don't forget your helmet.	12 Go for a family swim.
13 Go ice-skating! 	14 Dribble a ball with your feet.	15 Shoot hoops with friends.	16 Climb a tree. Any leaves?	17 Stretch your muscles for 15 minutes.	18 Write in your own activity and do it. What did you do?	19 Go bowling.
20 Take a walk around your neighborhood and look at Christmas decorations.	21 Climb up and down the stairs. How many times?	22 Keep a balloon in the air.	23 Go on an adventure with your family. What did you do?	24 Dance to music! 	25  Happy Birthday Jesus! Sing and dance around the Christmas tree.	26 Find some snow and go sledding. 
27 Find some snow and build a snowman. 	28 Play hide and seek with friends	29 Play a game of Twister!	30 Jog around the neighborhood.	31 Dance in the NEW YEAR! 		