

FITNESS CALENDAR
Due by March 4th

February
2010

Name: _____

Teacher: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Do your favorite fitness activity. What is it?	2 Do 25 Jumping jacks and run in place for 3 minutes.	3 Practice Hula Hoop tricks and show a friend.	4 Practice your jump rope tricks. How many tricks can you do?	5 Climb up and down the stairs for 10 minutes.	6 Find snow? And go sledding with your family.
7 Ride your bike for 15 minutes. Don't forget your helmet!	8 Dribble a ball 45 times with each hand. 	9 Keep a balloon in the air for 10 minutes.	10 Work on you sit-ups and push-ups. How many of each can you do?	11 Jog in your neighborhood for 10 minutes.	12 Play at the park with a friend.	13 Time for a family swim! 
14 Valentine's Day!  Give your family lots of hugs and kisses.	15 Blow bubbles and chase them. 	16 Invent a new game of tag and play it with your friends.	17 Play catch with a Frisbee.	18 Dribble a ball with you feet for 10 minutes.	19 Make an obstacle course with your friends and do it!	20 Go bowling or make your own bowling set with empty water bottles. Play!
21 Play basket ball with a friend.	22 Dance to music for about 10 minutes.	23 Play a game of Ping Pong.	24 Go on a bug hunt and catch some bugs. How many did you get?	25 Play a game of hopscotch. 	26 Practice jump roping. How many times can you jump rope without missing?	27 Go on an adventure with your family. What did you do?
28 Help your parents wash the car.						