

**FITNESS CALENDAR**  
**Due by Feb 8th**

**January**  
**2010**

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Happy</b></p>	<p><b>New</b></p>	<p><b>Year!</b></p>		<p><b>1</b> Play some football with friends and family.</p>	<p><b>2</b> Find some snow and go sledding.</p> 
<p><b>3</b> Go ice-skating!</p>	<p><b>4</b> Take a dog for a walk.</p>	<p><b>5</b> Do 30 jumping jacks.</p>	<p><b>6</b> Practice jump rope tricks.</p> 	<p><b>7</b> Play hide and seek around the house.</p>	<p><b>8</b> Climb up and down the stairs for 10 minutes.</p>	<p><b>9</b> Help your family take down the Christmas trimmings.</p>
<p><b>10</b> Find some snow and build a snow man. Can you make a snow angel?</p>	<p><b>11</b> Dribble a ball 45 times with your hands.</p>	<p><b>12</b> Jog in your neighborhood for 10 minutes.</p>	<p><b>13</b> Write in your own activity. What did you do?</p>	<p><b>14</b> Keep a balloon in the air for 10 minutes.</p>	<p><b>15</b> Toss a Frisbee with your family.</p>	<p><b>16</b> Go on a bike ride. Don't forget your helmet!</p> 
<p><b>17</b> Play catch with your family.</p>	<p><b>18</b> Go bowling with friends.</p>  <p>MLK Day</p>	<p><b>19</b> Play a game of tag with your friends.</p>	<p><b>20</b> Play basketball with friends.</p>	<p><b>21</b> Work on your hula hoop tricks.</p>	<p><b>22</b> Do your favorite fitness activity. What is it?</p>	<p><b>23</b> Take a walk and splash in some puddles. Don't forget you boots!</p>
<p><b>24</b> Write in your Own activity</p> <p><b>31</b> Dance!</p>	<p><b>25</b> Climb trees!</p>	<p><b>26</b> Practice you sit-ups and push-ups. How many can you do now?</p>	<p><b>27</b> Play some ping pong.</p>	<p><b>28</b> Practice you soccer dribble.</p> 	<p><b>29</b> Jog around the block.</p>	<p><b>30</b> Play a game of Twister.</p>