

**FITNESS CALENDAR**  
**Due by April 14th**

**March**  
**2010**

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Play a game of catch with a friend.	<b>2</b> Practice your jump rope tricks and show some one.	<b>3</b> Blow bubbles and chase them for 10 minutes.	<b>4</b> Play catch with a Frisbee.	<b>5</b> Write in your own activity and do it. What did you do?	<b>6</b> Go for a family swim. 
<b>7</b> Make and obstacle course and do it!	<b>8</b> Practice your jumping jacks. How many can you do?	<b>9</b> Dribble a ball with your feet.	<b>10</b> Shoot hoops with friends.	<b>11</b> Take a walk around the neighborhood.	<b>12</b> Go for a bike ride. Don't forget your helmet.	<b>13</b> Work in the yard with your parents
<b>14</b> Climb a tree. Are there any spring buds yet?	<b>15</b> Stretch your muscles for 15 minutes.	<b>16</b> Dance to music.	<b>17</b> Hunt for 4 leafed clovers. Don't forget your green! 	<b>18</b> Play balloon volleyball and keep the balloon in the air.	<b>19</b> Play outside. What did you do?	<b>20</b> Take a dog and your family for a walk.
<b>21</b> Help your parents wash the car.	<b>22</b> Climb up and down the stairs.	<b>23</b> Jog around the block.	<b>24</b> Play a game of Twister with your friends.	<b>25</b> Practice your hula hooping. How long can you go without missing?	<b>26</b> Work on your pushups and sit ups. How many can you do?	<b>27</b> Play Hide and Seek with friends
<b>28</b> Go bowling.	<b>29</b> Practice your basketball dribble	<b>30</b> Go on a bug hunt with friends. How many did you find? 	<b>31</b> Play tag with some friends.			