

FITNESS CALENDAR












Due by June 7th

Late calendars will not be accepted

May 2010

Name: _____

Teacher: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 LAST	 CALENDAR	 OF	 THE	 YEAR!		1 Go on a walk with your family and count all the different kinds of flowers. How many?
2 Go for a swim.	3 Play a game of tag with some friends.	4 Dribble a ball with your feet.	5 Walk-A-Thon K-1 st Issaquah	6 Walk-A-Thon 2 nd -8 th Snoqualmie	7 Hula hoop! Time yourself and see how long you can go with out missing.	8 Go bowling. 
9 Help the family work in the garden.	10 Go for a bike ride. Don't forget your helmet. 	11 Keep a balloon in the air for 15 min.	12 Stretch you muscles for 15 min.	13 Do your favorite fitness activity. What is it?	14 Go to the park and play.	15 Play a game of hide and seek with friends.
16 Ride your scooter around the neighborhood.	17 Work on your sit ups and push ups. How many can you do?	18 Take a dog for a walk.	19 Dance to music. 	20 Play some ping pong.	21 Batting practice. No broken windows!	22 Go on an adventure with your family. What did you do?
23 Play leapfrog with friends.	24 Practice somersaults and cartwheels.	25 Climb the stairs. How many did you do?	26 Write in your own activity. What did you do?	27 Give away 5 hugs today.	28 Do 30 jumping jacks!	29 Play outside. What did you do? 
30 Climb a tree. 	31 Go for a walk.					