

**FITNESS CALENDAR**  
**Due by Dec 7th**

**November**  
**2009**

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b>            Make a pile of leaves and jump in them.</p> 	<p><b>2</b>            Shoot hoops with a friend.</p>	<p><b>3</b>            Jog around the block.</p>	<p><b>4</b>            Play leapfrog with friends.</p>	<p><b>5</b>            Jump up and down 50 times.</p>	<p><b>6</b>            Make up your own tag game and try it out with friends.</p>	<p><b>7</b>            Take a dog for a walk.</p>
<p><b>8</b>            Play outside. What did you do?</p>	<p><b>9</b>            Play a game if hopscotch.</p>	<p><b>10</b>            Stretch your muscles for 15 min.</p>	<p><b>11</b>            Using coup cans do bicep curls.</p>	<p><b>12</b>            Practice your jump rope tricks and show some one.</p>	<p><b>13</b>            Make an obstacle course and do it!</p>	<p><b>14</b>            Practice your basketball dribbles.</p>
<p><b>15</b>            Go for a family hike.</p>	<p><b>16</b>            Play catch with a Frisbee.</p>	<p><b>17</b>            Blow bubbles and chase them.</p>	<p><b>18</b>            Hula Hoop! Show mom and dad all the things you can do with your hoop.</p>	<p><b>19</b>            Write in your own activity and do it. What did you do?</p>	<p><b>20</b>            Play hide and seek with friends.</p>	<p><b>21</b>            Go for a family swim.</p>
<p><b>22</b>            Play a game of football with friends and family.</p> 	<p><b>23</b>            Jumping Jacks Can you do 10 sets of 10? How many is that?</p>	<p><b>24</b>            Go for a bike ride. Don't forget your helmet.</p>	<p><b>25</b>            Play some ping pong.</p>	<p><b>26</b>  <b>TURKEY DAY!</b>            Do a turkey dance and sing to the turkey.</p> 	<p><b>27</b>            Take a long walk with your family.</p>	<p><b>28</b>            Go Bowling with the family.</p>
<p><b>29</b>            Work in the yard with your parents.</p>	<p><b>30</b>            Climb a tree. Are there any leaves still there?</p>					