

FITNESS CALENDAR
Due by Nov 6th

OCTOBER
2009

Name: _____

Teacher: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Go to the park, Create your own obstacle course and do it!	2 Blow bubbles and chase them.	3 Take a walk around Salmon Days with your family!
4 Take a walk around the neighborhood.	5 Hula hoop! Time yourself and see how long you can go without missing.	6 Play tag with some friends.	7 Play catch with a friend.	8 How many times can you jump rope without missing?	9 Play catch with a Frisbee.	10 Go swimming.
11 Help your parents wash the car.	12 Play catch with a Frisbee.	13 Write in your own activity and do it. What did you do?	14 Play Twister with friends.	15 Practice your jumping jacks. How many can you do?	16 Climb a tree.	17 Go hunting for the perfect pumpkin
18 Practice your cartwheels and somersaults.	19 Climb up and down the stairs.	20 Keep a balloon in the air.	21 Dance to music. 	22 Work on your pushups. How many can you do?	23 Practice your sit- ups. How many can you do?	24 Go for a bike ride. Don't forget your helmet.
25 Help your family rake leaves.	26 Play some ping pong.	27 Dribble a ball with your feet.	28 Catch bugs with your friends. How many did you get?	29 Do your favorite fitness activity. What is it?	30 Jump on a trampoline. 	31 Have some Halloween fun and take a walk with your family 