### **Exercise Calendar**

Requirements:

3 days or more each week of the month (30 minutes or more on exercise days)



(1) Write the name of the activity

Before or after school only

Write how long you did the activity

(2) Write how long you did the activity

Minutes from different activities can be combined but must total 30 minutes or more for each day of activity Example

**Saturday** 

Field Day Stations 60 minutes

Please sign your calendar an	d have your parents sign your calendar
Student Name (first & last)	Parent Signature
Grade in 202	0/2021
In the Fall, please give (or email) to M	Mrs. Durbin or put on the table outside the gym.

# **JUNE 2020**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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(2) Write how long you did the activity
Minutes from different activities can be
combined but must total 30 or more minutes
for each day of activity

Example

Monday

Make your own exercise 30 minutes

Please sign your calendar and have your parents sign your calendar				
Student Name (first & last)	Parent Signature			
Grade in 20	20/2021			
In the Fall, please give (or email) to I	Mrs. Durbin or put on the table outside the gym.			

## **JULY 2021**

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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<b>Example</b>	
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**Sunday** 

Water fun 2 hours

Please sign	your calendar and have your p	ar and have your parents sign your calendar		
Student Name (first & last) _		Parent Signature		
	Grade in 2020/2021			

In the Fall, please give (or email) to Mrs. Durbin or put on the table outside the gym.

# AUGUST 2020

Sun	Mon	Tue	Wed	Thur	Fri	Sat	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	Turn in 6 Exercise Calendars from September through May to earn a medal at the end of the year.					