Exercising outside is fun! 3 days or m	<b>Exercise Calendar</b> Requirements: nore each week of the month (20 minutes or mor	e on exercise days)
	(1) Write the name of the activity	Example
8 A	Before or after school only	Sunday
	(2) Write how long you did the activity Minutes from different activities can be combined but must total 20 or more minutes	Kayaking 2 hours
Paren	for each day of activity t signature verifies exercise calendar is correct	
Student Name (first & last) _	Parent Signature_	
Classroom Teacher N	lame Grade in 2023/2	4

	11					<b>a 19</b> .
10			23			23
18	U	JV	SE S	L	V	

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	
Su uno			be turned		2 Each a	

Summer Calendars can be turned in Fall 2023. Each calendar earns a star and prize but they do not count toward a medal

Nature awesor	ne:		Exercise C Requiren week of the mo	nents:	es or more on e	xercise days)
$\checkmark$		(1)	Write the name	of the activity		Example
			Before or after s	1 CONSIGNO CON D 12 17 18 19 19		Wednesday
		Minu	<mark>rite how long you</mark> tes from different ted but must total fo	activities can be	ALCONDOM NOT DURING STREET	Hiking 3 hours
		Parent signatu	re verifies exerc	ise calendar is o	correct	
Student	Name (first & l	•				
	lassroom Teac					
	n in to Mrs. Du					
<u>C</u> LIF		CONTRACTOR CONTRACTOR	JLY		r Eri	<u>د</u> ما
Sur		n Tue Calendars		d Thu urned in Fc	ıll 2023.	Sat 1
Sur 2	Summer	n Tue Calendars	e Wea	d Thu urned in Fc	ıll 2023.	
2	Summer The	n Tue Calendars y do not c	e Wea s can be tu ount towa	d Thu urned in Fo rd a medo	ıll 2023. al.	1
	Summer The 3	n Tue Calendars y do not c 4	e Wea s can be tu ount towa 5	d Thu urned in Fo rd a medo 6	ıll 2023. al. <b>7</b>	8
2	Summer The 3 10	n Tue Calendars y do not c 4 11	e Wee s can be tu ount towa 5 12	d Thu urned in Fo rd a medo 6 13	III 2023. al. 7 14	1 8 15

Skate parks rock! 3 da		rcise Calendar Requirements: of the month (20 minutes or mor	re on exercise days)
	(1) Write	he name of the activity	Example
		or after school only	Saturday
	Minutes from	y long you did the activity different activities can be nust total 20 or more minutes	Skate Park 1 1/2 hours
		for each day of activity	
	Parent signature verif	ies exercise calendar is correct	
Student Name (first &	last)	Parent Signature	
Classroom Tea	cher Name	Grade in 2023/2	24

Turn in to Mrs. Durbin in September or put in the bin on the table outside the gym.

## AUGUST 2023

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		
C. up			be turned			

Summer Calendars can be turned in Fall 2023. Each calendar earns a star and prize but they do not count toward a medal.