



EXERCISE CALENDAR

Example

Wednesday

Family Walk
1 hour

* 3 days or more each week of the month

- 30 minutes or more on each day of activity
- Minutes are in addition to PE/Recess

Should I exercise
more?
YES!

* Write the name of the activity * Write how long you did the activity

Minutes from different activities can be combined to total at least
30 minutes for each day of exercise.

Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to Mrs. Durbin or turn in bin (table outside gym)

Exercising
regularly is a
healthy habit!

SEPTEMBER 2021

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		
<p>Turn in 6 Exercise Calendars from September through May to earn a medal at the end of the school year.</p>						



EXERCISE CALENDAR

Example
Saturday
Basketball
45 minutes

* 3 days or more each week of the month

- 30 minutes or more of each day of activity
- Minutes are in addition to PE/Recess

* Write the name of the activity * Write how long you did the activity

Minutes from different activities can be combined to total at least
30 minutes for each day of exercise.

Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to PE Teacher Mrs. Durbin or turn in bin (table outside gym)

Exercise
rocks!

OCTOBER 2021



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 school year.					



EXERCISE CALENDAR

- * 3 days or more each week of the month
- * 30 or more minutes for each day of activity
- * This is in addition to weekly PE work.
- * Minutes are in addition to PE/recess

* Write the name of the activity * Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.



Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to PE Teacher Mrs. Durbin or turn in bin (table outside gym)

NOVEMBER 2021

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				

So many ways to exercise at home!

Turn in **6 Exercise Calendars** from September through May to earn a medal at the end of the school year.



EXERCISE CALENDAR

* 3 days or more each week of the month

- 30 minutes or more on each day of activity

- Minutes are in addition to PE/Recess

* Write the name of the activity

* Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.



Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to PE Teacher Mrs. Durbin or turn in bin (table outside gym)

...exercise feels great!

DECEMBER 2021

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 school year.



EXERCISE CALENDAR

* 3 days or more each week of the month

- 30 minutes or more on each day of activity

- Minutes are in addition to PE/Recess

* Write the name of the activity

* Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.



Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to PE Teacher Mrs. Durbin or turn in bin (table outside gym)

JANUARY 2022

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Turn in 6 Exercise Calendars from September through May to earn a medal at the end of the school year.						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					



EXERCISE CALENDAR



Example

Tuesday

Martial Arts
1 hr. 15 min.

* 3 days or more each week of the month

- 30 minutes or more on each day of activity
- Minutes are in addition to PE/Recess

Can I exercise
more?
YES!

* Write the name of the activity * Write how long you did the activity

Minutes from different activities can be combined to total at least
30 minutes for each day of exercise.

Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to Mrs. Durbin or turn in bin (table outside gym)

How do you
love to
exercise?

FEBRUARY 2022

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					

Turn in **6 Exercise Calendars** from September through May
to earn a medal at the end of the school year.



Swimming
1 1/2 hours

* Write the name of the activity * Write how long you did the activity

30



Return to **Mrs. Durbin** or turn in bin (table outside gym)

Moving my
body makes
me happy!

MARCH 2022

Turn in **6 Exercise Calendars** from September through May to earn a medal at the end of the school year.



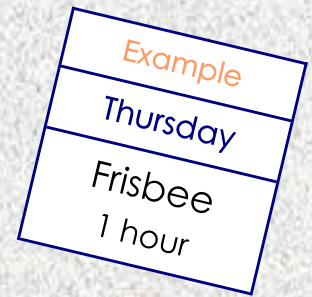
EXERCISE CALENDAR

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- 30 minutes or more on each day of activity
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Minutes from different activities can be combined to total at least
30 minutes for each day of exercise.



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Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to Mrs. Durbin or turn in bin (table outside gym)

APRIL 2022

Drink water when
you exercise!

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

Turn in **6 Exercise Calendars** from September through May
to earn a medal at the end of the school year.



EXERCISE CALENDAR

* 3 days or more each week of the month

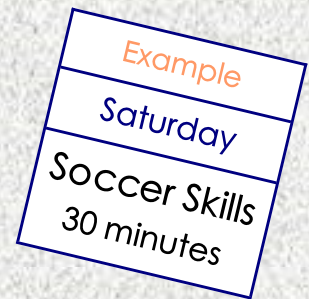
- 30 minutes or more of each day of activity

- Minutes are in addition to PE/Recess

* Write the name of the activity

* Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.



Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to PE Teacher Mrs. Durbin or turn in bin (table outside gym)

Have fun!

MAY 2022

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				

This is the last month students can turn in calendars to earn a medal (6 Calendars are required).