

Exercise Calendar

Requirements:

3 days or more each week of the month (20 minutes or more on exercise days)



(1) Write the name of the activity
Before or after school only

(2) Write how long you did the activity
Minutes from different activities can be combined but must total 20 or more minutes for each day of activity

Example
Monday
Throw the football with friends 30 minutes

Please sign your calendar and have your parents sign your calendar

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Please give to Mrs. Durbin or put on the table outside the gym.

OCTOBER 2018

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 during the year to earn a medal at the end of the year.

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Example
Saturday
Basketball Practice 1 hour

Please sign your calendar and have your parents sign your calendar

Student Name (first & last) _____ **Parent Signature** _____

Classroom Teacher Name _____ **Grade** _____

Please give to Mrs. Durbin or put on the table outside the gym.

NOVEMBER 2018

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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Example
Sunday
Indoor Swimming 1 1/2 hours

Please sign your calendar and have your parents sign your calendar

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Classroom Teacher Name _____ Grade _____

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DECEMBER 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Turn in 6 Exercise Calendars during the year to earn a medal at the end of the 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					

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Example
Friday
Walk in the rain 30 minutes

Please sign your calendar and have your parents sign your calendar

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Classroom Teacher Name _____ Grade _____

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JANUARY 2019

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		
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Example

Monday

Play in the snow
2 hours

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Classroom Teacher Name _____ Grade _____

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FEBRUARY 2019

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 during the year to earn a medal at the end of the year.						

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Example

Tuesdasy

Yoga Stretches
20 Minutes

Please sign your calendar and have your parents sign your calendar

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Classroom Teacher Name _____ Grade _____

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MARCH 2019

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 during the year to earn a medal at the end of the year.						

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Before or after school only

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Example
Saturday
Family Run 1 hour

Please sign your calendar and have your parents sign your calendar

Student Name (first & last) _____ **Parent Signature** _____

Classroom Teacher Name _____ **Grade** _____

Please give to Mrs. Durbin or put on the table outside the gym.

MAY 2018

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 Exercise Calendar of the school year.						