

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
Wednesday
Walk to School 20 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.

SEPTEMBER 2017

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

Monday

Stretch
20 minutes

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Classroom Teacher Name _____ Grade _____

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OCTOBER 2017

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
Indoor Swim 1 hour

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Classroom Teacher Name _____ Grade _____

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NOVEMBER 2017

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		
<i>Turn in 6 Exercise Calendars during the year to earn a medal at the end of the year.</i>						

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Example
Friday
Dance 25 minutes

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Classroom Teacher Name _____ Grade _____

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DECEMBER 2017

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	<p><i>Turn in 6 Exercise Calendars during the year to earn a medal at the end of the year.</i></p>					

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Example
Tuesday
Throwing football with a friend 45 minutes

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Classroom Teacher Name _____ Grade _____

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JANUARY 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			
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Example

Wednesday

Circuit
Workout
20 Minutes

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Classroom Teacher Name _____ Grade _____

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MARCH 2018

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

Wednesday

Shoot Hoops
30 minutes

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APRIL 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

Saturday

Baseball in the park with friends
1 hour

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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.						