



Physical Education Fitness Calendar

1. Complete each activity per week and return the calendar to school to become a "Fitness Fanatic!"
2. Complete the blank side of the calendar with your own activities.
3. Parents: Please initial each completed activity. Parents and families are invited to participate as well.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			18 25 Jumping Jacks	19 20 Walking Lunges	20 50 Arm Circles	21 Take a family walk
22 Eat a healthy breakfast	23 20 Leg Lifts	24 50 criss cross jumps	25 Dance to music	26 50 crab walks across the family room	27 Play with your favorite game	28 25 Sit ups
29 Play outside	30 20 Burpees	31 March to music	1 Stretch arms and legs for 5 minutes	2 Eat a healthy snack	3 50 High knees	4 Play outside
5 30 Mountain climbers	6 Skip around the house for 10 minutes	7 20 Push ups	8 25 Lunges	9 50 Arm circles	10 Dance to your favorite music	11 Take a family walk
12 30 Jump squats	13 Choose a favorite exercise	14 20 Burpees	15 50 Criss cross jumps	16 50 Crab walks across the room	17 25 Leg Lifts	18 Play your favorite outdoor activity

Student Name _____ Parent Signature _____



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