









**FITNESS CALENDAR**  
**Due by May 7th**

**April**  
**2019**

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Go roller-blading or roller-skating.	<b>2</b> Shoot some hoops and practice your basketball dribbling.	<b>3</b> Play a game of catch. What kind of ball or object did you use?	<b>4</b> Jump up and down 50 times. Both feet. Right foot. Left foot. Wow!	<b>5</b> Make an obstacle course and do it! 	<b>6</b> Go to the park with friends and create stations and do them.
<b>7</b> Go for a walk and jump in puddles! Don't forget your boots. 	<b>8</b> Keep a balloon in in the air and play balloon volleyball.	<b>9</b> Go for a bike ride. Don't forget your helmet.	<b>10</b> Blow some bubbles and chase them.	<b>11</b> Play a game of Twister. Can you get mom and dad playing too?	<b>12</b> Practice your cartwheels and somersaults.	<b>13</b> Go on a family hike. 
<b>14</b> Do your favorite fitness activity. What is it?	<b>15</b> Play a game of catch with a Frisbee!	<b>16</b> Play a game of hopscotch. 	<b>17</b> Hula Hoop! Show mom and dad all the tricks you can do with a hoop.	<b>18</b> Go on an adventure with your family. What did you do?	<b>19</b> Climb trees. How are the leaves doing? 	<b>20</b> Take a walk around the zoo with your family.
<b>21 Happy Easter!</b>  Go on an egg hunt!	<b>22</b> Go for a ride around the neighborhood on your scooter.	<b>23</b> Batting practice. No broken windows!	<b>24</b> Play a game of ping pong.	<b>25</b> Play a game of hide and seek with your friends.	<b>26</b> Dance to music and make up some new moves.	<b>27</b> Help your parents wash the car. 
<b>28</b> Go for a family swim. 	<b>29</b> Make up your own activity. What did you do?	<b>30</b> Time for another bug hunt. How many did you find?	