

FITNESS CALENDAR



Due by Jan 8th

(Reminder: aim for 30 minutes or more of activity a day!)

December 2018

Name: _____

Teacher: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Go Christmas tree shopping for the perfect tree.
2 Help decorate the house for the holidays 	3 Dribble a ball with your feet.	4 Write in your own activity and do it. What did you do?	5 Climb a tree. Any leaves?	6 Stretch your muscles for 15 minutes.	7 Shoot hoops with friends.	8 Go bowling. 
9 Walk around the neighborhood and look at Christmas decorations.	10 Climb up and down the stairs. How many times?	11 Keep a balloon in the air.	12 Write in your own activity. What did you do?	13 Make an obstacle course and do it.	14 Dance to music around the Christmas tree!	15 Find some snow and build a snowman. 
16 Play a game of Twister!	17 Play hide and seek with friends.	18 Jog around the neighborhood.	19 Find some snow and go sledding. 	20 Practice your jump rope tricks and show some one.	21 Go Christmas caroling around the neighborhood.	22 Go on an adventure with your family. What did you do?
23 Write in your own activity. What did you do?	24 Go ice-skating! 	25 Happy Birthday Jesus!  Sing and dance around the Christmas tree	26 Make up a new game of tag and play it with some friends.	27 Practice dribbling a ball with your hands.	28 Hula Hoop! How long can you go without missing? 	29 Practice your jumping jacks. How many can you do?
30 Go for a family bike ride. Don'	31 Dance in the NEW YEAR! 					