

FITNESS CALENDAR

Due by March 6th

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

February 2019

Name: _____

Teacher: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Play at the park with a friend.	2 Find snow? And go sledding with your family.
3 Blow bubbles and chase them. 	4 Do your favorite fitness activity. What is it?	5 Do 25 Jumping jacks and run in place for 3 minutes.	6 Practice Hula Hoop tricks and show a friend.	7 Practice your jump rope tricks. How many tricks can you do?	8 Ride your bike. Don't forget your helmet!	9 Time for a family swim! 
10 Make an obstacle course with your friends and do it!	11 Invent a new game of tag and play it with your friends.	12 Play catch with a Frisbee.	13 Dribble a ball with your feet for 10 minutes.	14 Valentine's Day!  Give your Family lots of hugs and kisses.	15 Go bowling or make your own bowling set with empty water bottles. Play!	16 Play hide and seek with friends.
17 Play basketball with a friend.	18 Dance to music for about 10 minutes.	19 Play a game of Ping Pong.	20 Go on a bug hunt and catch some bugs. How many did you get?	21 Play a game of hopscotch. 	22 Practice jump roping. How many times can you jump rope without missing?	23 Go on an adventure with your family. What did you do?
24 Help your parents wash the car.	25 Dribble a ball 45 times with each hand. 	26 Keep a balloon in the air for 10 minutes.	27 Jog in your neighborhood	28 Work on your sit-ups and push-ups. How many of each can you do?		