

# Fitness Calendars



Physical Fitness should be a way of life. To encourage this in our children, and get them moving every day, I have come up with a Fitness Calendar. We should all be exercising 150 minutes a week for good health. **This is an optional activity.** If you want to participate this is how:

## **Directions:**

1. You may get credit for physical activity completed on the actual day you do the activity. The activity should be 30 minutes or more in length and may be done in segments. Example: a 15 minute walk with the dog in the morning and 15 minutes of bike riding in the afternoon is 30 minutes of activity for the day.
2. **When you finish an activity have an adult sign (or initial) the square/day on your fitness sheet. You need an initial on each day you participate.**
3. Fitness activities are to be done outside of school so recess time, PE and field trips will not be counted unless it is stated on the calendar (i.e. The Walk-A-Thon)
4. You may do the same activity up to four times per month unless it is an organized sport you participate in (soccer practice and games each week.)
5. You may count a sport practice/game as an activity up to 3 times in a given week.
6. You may substitute the activity listed for one of your own by crossing out what is written and writing in what you actually did. Have a parent initial it!
7. To be eligible for recognition you must have completed 20 days or more of activity and a parent's signature/initial each day of participation.
8. Calendars must be turned in to Mrs. Hughes, your teacher or the office the first week of the following month.
9. At this time computer and video games are not allowed. This includes Wii Sports and Wii Fit.

For future calendars you must download them from Mrs. Hughes' web-site.

Go to the school web-site at [www.sjsissaquah.org](http://www.sjsissaquah.org)

Community

Teacher web-sites

Under the specialist list select Mrs. Hughes

Select "Fitness Calendars" and print the calendar you need.

Parents, thank you for helping your child learn the importance of daily physical activity and helping them enjoy this fun activity.