

FITNESS CALENDAR

Due by Feb. 6th

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

January 2019

Name: _____

Teacher: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Dribble a ball 45 times with your hands. Then your feet!	2 Jog in your neighborhood.	3 Write in your own activity. What did you do?	4 Keep a balloon in the air for 10 minutes.	5 Go ice-skating! 
6 Find some snow and build a snow man. Can you make a snow angel?	7 Help your family take down the Christmas trimmings.	8 Play a game of tag with your friends.	9 Play basketball with friends.	10 Work on your hula hoop tricks.	11 Do your favorite fitness activity. What is it?	12 Go on a bike ride. Don't forget your helmet! 
13 Play catch with your family.	14 Play outside. What did you do? 	15 Climb trees!	16 Practice your sit-ups and push-ups. How many can you do now?	17 Take a dog for a walk.	18 Play a game of Twister.	19 Take a walk and splash in some puddles. Don't forget your boots!
20 Find some snow and go sledding.	21 Go bowling with friends. MLK Day 	22 Play hide and seek around the house.	23 Write in your own activity.	24 Toss a Frisbee with your family	25 Practice jump rope tricks. 	26 Do 30 jumping jacks, 30 sit-ups and 30 push-ups!
27 Play football with family and friends. 	28 Play some ping pong.	29 Climb up and down the stairs	30 Dance dance dance!	31 Play catch with a Frisbee.		