











FITNESS CALENDAR
Due by April 5th

March
2019

Name: _____

Teacher: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Take a walk around the neighborhood.	2 Go for a bike ride. Don't forget your helmet.
3 Climb a tree. Are there any spring buds yet?	4 Stretch your muscles for 15 minutes.	5 Dance to music. 	6 Play balloon volleyball and keep the balloon in the air.	7 Take a dog and your family for a walk.	8 Play outside. What did you do?	9 Work in the yard with your parents
10 Go for a family swim. 	11 Practice your basketball dribble	12 Blow bubbles and chase them for 10 minutes.	13 Play tag with some friends.	14 Play a game of catch with a friend.	15 Climb up and down the stairs.	16 Help your parents wash the car.
17 Hunt for 4 leafed clovers. Don't forget your green! 	18 Go on a bug hunt with friends. How many did you find? 	19 Jog around the block.	20 Play a game of Twister with your friends.	21 Practice your hula hooping. How long can you go without missing?	22 Work on your pushups and sit ups. How many can you do?	23 Go bowling. 
24 Play Hide and Seek with friends	25 Write in your own activity and do it. What did you do?	26 Play catch with a Frisbee.	27 Practice your jump rope tricks and show some one.	28 Make and obstacle course and do it!	29 Practice your jumping jacks. How many can you do?	30 Shoot hoops with friends.
						31 Dribble a ball with your feet!