

FITNESS CALENDAR
















Due by June 4th

Late calendars will not be accepted

May 2019

Name: _____

Teacher: _____

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|---|
|  |  |  | 1 Play outside. What did you do? | 2 Walk-A-Thon K-2 nd Issaquah  | 3 Walk-A-Thon 3 rd -8 th Snoqualmie  | 4 Badminton any one?  |
| 5 Go bowling.  | 6 Go for a bike ride. Don't forget your helmet.  | 7 Keep a balloon in the air for 15 min. | 8 Stretch your muscles for 15 min. | 9 Practice your jump rope skills. | 10 Play balloon volleyball!  | 11 Play a game of hide and seek with friends.  |
| 12 Help the family work in the garden. Give mom extra hugs and kisses! | 13 Ride your scooter around the neighborhood. | 14 Work on your sit ups and pushups. How many can you do? | 15 Take a dog for a walk. | 16 Dance to music.  | 17 Play some ping pong. | 18 Go on an adventure with your family. What did you do? |
| 19 Play leapfrog with friends. | 20 Practice somersaults and cartwheels. | 21 Climb the stairs. How many did you do? | 22 Write in your own activity. What did you do? | 23 Give away 5 hugs today. | 24 Batting practice. No broken windows! | 25 Climb a tree.  |
| 26 Go for a swim. swim  | 27 Go on a walk and count all the different kinds of flowers. How many? | 28 Do 30 jumping jacks! | 29 Go to the park and play. What did you do?  | 30 Hula hoop! Time yourself and see how long you can go without missing. | 31 Play a game of 4 square. | LAST CALENDAR OF THE YEAR!  Please return by June 4th |