

FITNESS CALENDAR

Due by Nov 7th

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

OCTOBER 2018

Name: _____

Teacher: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hula hoop practice! How long you can go without missing?	2 Play tag with some friends.	3 Play catch with a friend.	4 Write in your own activity and do it. What did you do?	5 Play catch with a Frisbee.	6 Take a walk in the Salmon Days Parade! 
7 Take a walk around Salmon Days with your family! 	8 Play catch with a football.	9 Practice jumping roping. How many times can you jump without missing?	10 Play Twister with friends.	11 Practice your jumping jacks. How many can you do? Stretch.	12 Climb a tree. 	13 Go hunting for the perfect pumpkin. 
14 Go for a family swim. 	165 Climb up and down the stairs.	16 Keep a balloon in the air.	17  Dance to music.	18 Work on your pushups. How many can you do? Stretch.	19 Practice your sit-ups. How many can you do? Stretch	20 Go for a bike ride. Don't forget your helmet.
21 Help your parents wash the car. 	22 Play some ping pong.	23 Dribble a ball with your feet.	24 Catch bugs with your friends. How many did you get?	25 Blow bubbles and chase them.	26 Go to the park, Create your own obstacle course and do it.	27 Do your favorite fitness activity. What is it?
28 Jump on a trampoline. 	29 Practice your cartwheels and somersaults.	30 Help your family rake leaves.	31 Halloween! Take a walk with your family. 			