

FITNESS CALENDAR REQUIREMENTS

**Record on Fitness Calendars at least 3 X a week
(cannot include PE)**

Record what you did

**Record how long you did the activity
a total of 20 min or more is required)**

Record the fitness element code

(C, UB, AB, F) see description below

Example

Thu

Gymnastics
60 min.

C, UB, AB, F

Fitness Codes

C = Cardiovascular (healthy heart)

UB = Upper Body Strength (arms/shoulders)

AB = Abdominal Strength (stomach)

F = Flexibility (stretch, reach, twist/turn)

BOTH SIGNATURES REQUIRED

X

PARENT SIGNATURE

X

STUDENT'S SIGNATURE

in student's handwriting

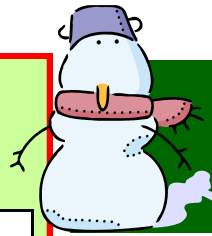
X

Please print the name of student's Classroom Teacher

Please give to Mrs. Kohlwes, your PE Teacher,

ON or BEFORE

Friday, January 6th, 2012



December 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
K-2nd students can fill out the calendar with assistance from parents, & if necessary, dictate to their parents while the parent fills in the calendar. 3rd-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours. All students & parents should sign their name on the left.				1	2	3
4	5	6	7	8	9	10
					Nov. Cal. due	
11	12	13	14	15	16	17
18	19	20	21	22	23	24
No School Winter Break						
25	26	27	28	29	30	31
No School Winter Break						