

## 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

### 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

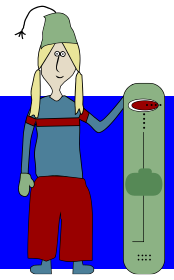
**Please give to Mrs. Kohlwes, your PE Teacher,**

**ON or BEFORE**

**Friday, February 3rd. 2012**



# January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Winter Break No School				Dec. Cal. due	
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Honor Dr. King No School					
22	23	24	25	26	27	28
29	30	31	<b>K-2nd students</b> can fill out the calendar with assistance from parents, & if necessary, dictate to their parents while the parent fills in the calendar. <b>3rd-6th students</b> 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. <b>All students &amp; parents should sign their name on the left.</b>			
		Parent/Teacher Conference 1/2 Day				