

## FITNESS CALENDAR REQUIREMENTS

Each day of activity should include 3 pieces of information:

(1) Write the name of the activity

*(Activities can be different each day but must add up to 3 or more days per week, before or after school only)*

(2) Write how long you did the activity  
(should add up to a minimum of 20 min.)

(3) Write the Fitness Code  
(C, Str., F) see description below

### Fitness Codes

C = Cardiovascular Endurance

Str. = (Muscular) Strength

F = Flexibility



<b>Example</b>
Tuesday
Walk to School 20 minutes Str, F

**Please sign your calendar and have your parents sign your calendar**

Student Name (first & last) \_\_\_\_\_ Parent Signature \_\_\_\_\_

Classroom Teacher Name \_\_\_\_\_ Grade \_\_\_\_\_

Please give to Mrs. Durbin by Friday, October 8, 2010

# SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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<b>Example</b>
<b>Sunday</b>
Rake the Leaves 20min. C, Str, F

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Student Name (first & last) \_\_\_\_\_ Parent Signature \_\_\_\_\_

Classroom Teacher Name \_\_\_\_\_ Grade \_\_\_\_\_

Please give to Mrs. Durbin by Friday, November 5, 2010

# OCTOBER 2010

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						



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<b>Example</b>
<b>Monday</b>
Family Walk 30 min C, F

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Student Name (first & last) \_\_\_\_\_ Parent Signature \_\_\_\_\_

Classroom Teacher Name \_\_\_\_\_ Grade \_\_\_\_\_

Please give to Mrs. Durbin by Friday, January 7, 2011

# DECEMBER 2010

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

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<b>Example</b>
<b>Wednesday</b>
Sledding/Play in Snow 2 hours Str, F

**Please sign your calendar and have your parents sign your calendar**

Student Name (first & last) \_\_\_\_\_ Parent Signature \_\_\_\_\_

Classroom Teacher Name \_\_\_\_\_ Grade \_\_\_\_\_

Please give to Mrs. Durbin by Friday, February 4, 2011

# JANUARY 2011

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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<b>Example</b>
<b>Saturday</b>
Indoor Family Skating 2 hours C, Str, F

**Please sign your calendar and have your parents sign your calendar**

Student Name (first & last) \_\_\_\_\_ Parent Signature \_\_\_\_\_

Classroom Teacher Name \_\_\_\_\_ Grade \_\_\_\_\_

Please give to Mrs. Durbin by Friday, March 4, 2011

# FEBRUARY 2011

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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<b>Example</b>
<b>Thursday</b>
Baseball Practice 1 hour C, Str, F

**Please sign your calendar and have your parents sign your calendar**

Student Name (first & last) \_\_\_\_\_ Parent Signature \_\_\_\_\_

Classroom Teacher Name \_\_\_\_\_ Grade \_\_\_\_\_

Please give to Mrs. Durbin by Friday, April 8, 2011

# MARCH 2011

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

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<b>Example</b>
<b>Monday</b>
Play at Park 30 min. Str, F

**Please sign your calendar and have your parents sign your calendar**

Student Name (first & last) \_\_\_\_\_ Parent Signature \_\_\_\_\_

Classroom Teacher Name \_\_\_\_\_ Grade \_\_\_\_\_

Please give to Mrs. Durbin by Friday, May 6, 2011

# APRIL 2011

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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