

## 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>
Sunday
Trampoline Jumping 30 minutes 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, October 14, 2011

# SEPTEMBER 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	20	21	22	23	24
25	26	27	28	29	30	

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<b>Example</b>
<b>Monday</b>
Shoot Hoops 20min. 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, November 4, 2011

# OCTOBER 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>Saturday</b>
Indoor Swim 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, December 9, 2011

# NOVEMBER 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>
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<b>Example</b>
<b>Thursday</b>
Indoor Skating 90 minutes 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, January 6, 2012

# DECEMBER 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>
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<b>Example</b>
<b>Saturday</b>
Karate Lessons 1 1/2 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 9, 2012

# FEBRUARY 2012

<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>
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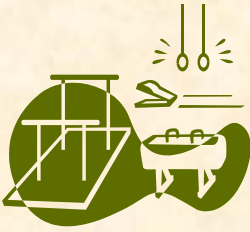
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**Example**

**Thursday**

Gymnastics Lessons  
1 hour  
C, Str, F

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

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

Please give to Mrs. Durbin by Friday, April 13, 2012

# MARCH 2012

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
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**Fitness Codes**

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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 11, 2012

# APRIL 2012

<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
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<b>Example</b>
<b>Saturday</b>
Family Walk 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, June 1, 2012

# MAY 2012

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	31		

**This is the last fitness calendar of the school year.**