

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

Parent

PARENT SIGNATURE

Student

STUDENT'S SIGNATURE

in students s handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

**Please give to PE Teacher ON or BEFORE
Friday, May 3rd**

Example

Thu

Mowed Lawn
45 min.
C & UB

APRIL 2019



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