

## 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)**

Example
Thu
Snowboard & Skiing 120 min. C, AB, UB, F

### 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, March 1st**

# FEBRUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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-5th students</b> 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 &amp; parents should sign their name</u> on the left of this calendar.					1	2
3	4	5	6	7	8	9
					Conferences 1/2 Day  January Calendar Due	
10	11	12	13	14	15	16
				Mid-Winter Break No School Valentines Day	Mid-Winter Break No School	
17	18	19	20	21	22	23
		 President's Day No School				
24	25	26	27	28		