

## 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
Sledding 20 min. C & UB

### **BOTH SIGNATURES REQUIRED**

Parent

**PARENT SIGNATURE**

Student

**STUDENT'S SIGNATURE**

in student's handwriting


Regular Classroom Teacher

Please print the name of student's Classroom Teacher

**Please give to PE Teacher ON or BEFORE  
Friday, February 8th**

# JANUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School	
6	7	8	9	10	11	12
					December Calendar Due	
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	MKL Day No School					
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-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.	
		Conferences 1/2 Day	Conferences 1/2 Day	Conferences 1/2 Day		