

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 handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE
Friday, April 5th



Example

Thu

Weed the garden
30 min.
C, AB, UB, F

MARCH 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 February Calendar Due	2
3	4	5	6	7	8 LEAP Day No School	9
10	11	12	13	14	15	16
17 St Patrick's Day	18 	19	20	21	22	23
24	25	26	27	28	29	30
31						

K-2nd students can fill out the calendar with assistance from parents, & if necessary, dictate to their parents while the parent fills in the calendar.
3rd-5th students are capable of doing this on their own) You can assist them but the calendar should be filled out in their handwriting NOT yours. All students & parents should sign their name on the left of this calendar.