

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

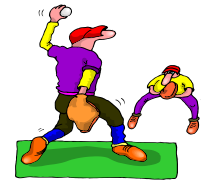
Please give to PE Teacher

ON or BEFORE

Friday, June 1st

Example
Thu
Tag with brother 30 min. C & F

MAY 2019



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