

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 re-
quired)

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, December 7th**

Example
Thu
Basketball Game 90 min. C & F

NOVEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
<p>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 <u>their handwriting</u> NOT yours. All students & parents should sign their name on the left of this calendar.</p>					October Calendar Due	
4	5	6	7	8	9	10
11		12	13	14	15	16
Veterans Day	Veterans Day Observed No School					
18	19	20	21	22	23	24
						
			1/2 Day	Thanksgiving	No School	
25	26	27	28	29	30	