

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
Soccer Practice 45 min. C & F

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, October 5th**

SEPTEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
	Labor Day	First Day of School				
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	<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. <u>All students & parents should sign their name on the left of this calendar.</u></p>					