November 2017

Monthly Activity Calendars are optional for students to complete but highly encouraged! This is a great opportunity to participate with your son/daughter and teach them the importance of health and fitness!

 Students have been asking for a fill-in your sport activity calendar. For this challenge student can **do 30 MINUTES** of physical activity of their choosing. They must write what they did in the box for that day. If the activity isn’t listed it will not count! After the month is over please sign your child’s calendar to verify that they participate in the physical activities. Calendars will be due December 5th!

Need some ideas?

Biking, hiking, rollerblading, swimming (check out our local open swim times!), basketball, geocaching, dancing, cardio drumming, yoga, volleyball, hockey, etc. The options are endless!

I cannot wait to see what you choose! Happy exercising!

15-25 days completed = 1 ticket

26-31 days completed = 2 tickets

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_