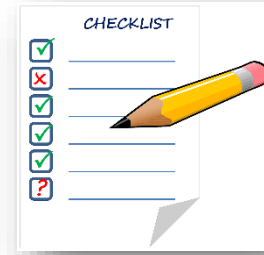


# HOW TO FILL OUT A FITNESS CALENDAR



**Record Fitness Calendars at least 3 times a week:** (cannot include PE)

**Record what you did simply:** (e.g. Soccer, Bike Riding, Playing Tag)

**Record how long you did the activity:** (It should add up to a minimum of 20 min.)

**Record the fitness element code:** (C, UB, LB, AB, F) see description & examples below

Both Parent & Students should sign the calendar and turn it in by the due date (which is written on the calendar (both first and last name) and also include their classroom teacher's name.

- Please note that 3<sup>rd</sup> -5<sup>th</sup> grade students must fill out the calendar in their own handwriting
- K-2<sup>nd</sup> grade can have parents fill it out but please do this with input from your child.

## Fitness Codes

**C = Cardiovascular**

**UB = Upper Body Strength**

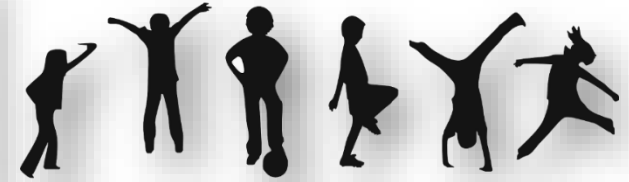
**LB = Lower Body Strength**

**AB = Abdominal Strength**

**F = Flexibility**

Example of what might be written on a calendar.

21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>
Soccer Practice C & F 45 minutes	Walking the Dog C 25 minutes	Walking to & From School C & F 20 minutes total	Climbing on Big Toy C, F, UB 25 minutes total



**Below are some examples that your child could include on their calendar although there are many more.**

**Please note that some sports/activities can fall under several categories**

<b>CARDIOVASCULAR</b> The ability of the heart, the blood vessels, and the respiratory system (lungs) to deliver oxygen efficiently over an extended period of time.	<b>FLEXIBILITY</b> The range of movement through which a joint or joints can move. Inactive individuals lose flexibility, whereas frequent movement helps retain the range of movement.	<b>ABDOMINAL STRENGTH</b> The muscle strength in the abdominal region (waist and stomach area)	<b>UPPER BODY STRENGTH</b> The muscle strength in the arm-shoulder girdle area.	<b>LOWER BODY STRENGTH</b> The muscle strength in the hip leg area.
Any game or sport that involves running, jumping, walking or quick climbing	Any game or sport that involves stretching or a wide range of motion or movement	Any sport, game, or exercise that puts stress or strain (without hurting )	Any sport, game, or exercise that builds muscles in the arms and shoulders	Any sport, game, or exercise that builds muscles in the hip and leg area
<b>SOME EXAMPLES</b>				
Soccer, Football, Basketball	Stretching Exercises such as inverse hurdle stretch, butterfly stretch, standing or sitting toe touches.  Sports & Recreation Activities such as Soccer, Football, Basketball, Baseball, Hiking, Skiing, Lacrosse, Dance, Gymnastics, Martial Arts, Swimming, playing tag.	Sit Ups or Curl Ups	Climbing on the Big Toy, Monkey Bars, a climbing rope. Hanging from a bar or tree limb (if it is safe to do so)  Push Ups or Crab Walks  Pull Ups	Climbing, jumping, running
Hiking, Skiing, Lacrosse, Dance		Gymnastics, Martial Arts		Kicking, Gymnastics.
Gymnastics, Martial Arts		Kicking activities		Exercises such as squats
Riding a Bike, Scooter,		Soccer & Football		Sports & Recreation Activities such as Soccer, Football, Basketball,
Jumping a rope, on a trampoline		Hanging while lifting legs perpendicular to your body (or making your body an 'L' shape		Baseball, Hiking, Skiing, Lacrosse,
Climbing a rope, a mountain				Dance, Gymnastics, Martial Arts,
Swimming, playing tag		Swimming, playing tag.		
Walking... to School, the dog				

## FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below*

*Example*

Soccer Practice  
45 min.  
C, LB & F

### Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

### BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

Name of Classroom Teacher

#### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, October 4<sup>th</sup>, 2019

# September 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>K-2nd students</b> can fill out the calendar with assistance from parents, and if necessary, dictate to their parents while the parent fills in the calendar. <b>3rd-5th students</b> are capable of completing this on their own. You can assist your child but the calendar should be filled out in <u>their handwriting</u>, NOT yours. <u>All students &amp; parents should sign their name</u> on the left of this calendar. Please also include you classroom teacher's name.</p>						
1	2 <small>NO SCHOOL Labor Day</small>	3 <small>1<sup>st</sup> day of school</small>	4	5	6	7
8	9	10	11	12	13	9
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	<p style="color: blue; font-size: 1.2em;"><b>You're never a loser until you quit trying.</b></p> <p style="color: blue;">-Mike Ditka: Former Chicago Bears Football Coach-</p>				

## FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below*

### Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

### BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

Name of Classroom Teacher

### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, November 8<sup>th</sup>, 2019

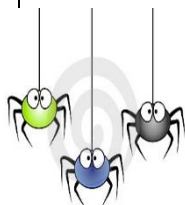
### *Example*

Riding  
Bike  
30 min.  
C & LB

# October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
					Sept Cal. Due	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	Half Day Parent/Teacher Conferences	Half Day Parent/Teacher Conferences		Half Day Parent/Teacher Conferences	<b>NO SCHOOL</b> All Day LEAP	
20	21	22	23	24	25	26
27	28	29	30	31	The race is not always to the swift but to those who keep on running. – Anonymous	



## FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below

**Example**

Basketball  
1 Game  
90 min.  
C, UB, LB,  
& F

### Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

### BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

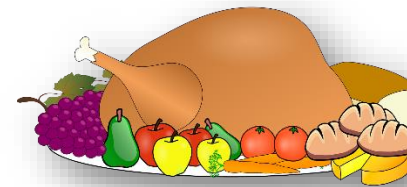
Name of Classroom Teacher

### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, December 6<sup>th</sup>, 2019

# November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
K-2nd students can fill out the calendar with assistance from parents, and if necessary, dictate to their parents while the parent fills in the calendar. 3rd-5th students are capable of completing this on their own. You can assist your child but the calendar should be filled out in <u>their handwriting</u> , NOT yours. All students & parents should sign <u>their name</u> on the left of this calendar. Please also include you classroom teacher's name.					1	2
3	4	5	6	7	8  Oct.. Cal. Due	9
10	11  <b>NO SCHOOL</b> Veteran's Day Observed	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27  School out half day	28  <b>NO SCHOOL</b> Thanksgiving	29  <b>NO SCHOOL</b> Thanksgiving Break	30

**Sports don't build character, they reveal it.**

-Heywood Brown; Sports Writer for the New York Tribune-

## FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below

### Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

### BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

Name of Classroom Teacher

### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, January 10<sup>th</sup>, 2020

*Example*  
Sledding  
20 min.  
C, LB, UB

# December 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
K-2nd students can fill out the calendar with assistance from parents, and if necessary, dictate to their parents while the parent fills in the calendar. 3rd-5th students are capable of completing this on their own. You can assist your child but the calendar should be filled out in <u>their handwriting</u> , NOT yours. <u>All students</u>						
1	2	3	4	5	6 Nov. Cal. Due	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 NO SCHOOL Winter Break	24	25	26	27	28
29	30	31	<p><b>You can discover more about a person in an hour of play, than in a year of conversation.</b></p> <p>-Plato: Philosopher-</p>			

## FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below

### Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

### BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

Name of Classroom Teacher

### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, February 7<sup>th</sup>, 2020

*Example*  
Sledding  
20 min.  
C, LB, UB

# January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Whoever wants to reach a distant goal must take many small steps.</b> -Helmut Schmidt: German Psychologist-</p>						
			1 <b>NO SCHOOL</b> Winter Break	2	3	4
5	6	7	8	9	10 December Cal. Due	11
13	13	14	15	16	17	18
19	20 <b>NO SCHOOL</b> ML King Day	21	22	23	24	25
26	27	28 Half Day Parent/Teacher Conferences	29	30 Half Day Parent/Teacher Conferences	31 Half Day Parent/Teacher Conferences	

**K-2nd students** can fill out the calendar with assistance from parents, and if necessary, dictate to their parents while the parent fills in the calendar. **3rd-5th students** are capable of completing this on their own. You can assist your child 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. Please also include you classroom teacher's name.



## FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below*

*Example*

Skiing  
120 min  
C, UB, LB,  
& F

### Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

### BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

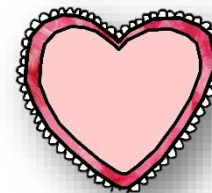
Name of Classroom Teacher

### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, March 6<sup>th</sup>, 2020

# February 2020



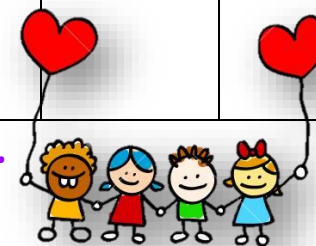
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>K-2nd students</b> can fill out the calendar with assistance from parents, and if necessary, dictate to their parents while the parent fills in the calendar. <b>3rd-5th students</b> are capable of completing this on their own. You can assist your child but the calendar should be filled out in <u>their handwriting</u>, NOT yours. <u>All students &amp; parents should sign their name</u> on the left of this calendar. Please also include you classroom teacher's name</p>						1
2	3	4	5	6	7 January Cal. Due	8
9	10	11	12	13 <b>NO SCHOOL</b> Winter Break	14 <b>NO SCHOOL</b> Winter Break	15
16	17 <b>NO SCHOOL</b> Presidents Day	18	19	20	21	22
23	24	25	26	27	28	29

**Winners never quit, & quitters never win.**

-Vince Lombardi: Green Bay Packers Coach-

**Do you know what my favorite part of the game is? The opportunity to play.**

-Mike Singletary: Former NFL Football Player and Coach -



## FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below*

*Example*  
Baseball  
Tryouts  
60 min.  
F, UB, C

### Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

### BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

Name of Classroom Teacher

#### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, April 3<sup>rd</sup>, 2020

# March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
					Feb Cal. Due	
8	9	10	11	12	13	14
					NO SCHOOL All Day LEAP	
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p style="color: #0000FF; font-weight: bold; font-size: 1.2em;">Luck is what happens when preparation meets opportunity.</p> <p style="color: #0000FF;">-Lucius Annaeus Seneca: Roman Philosopher-</p>			



## FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below

### Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

### BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

Name of Classroom Teacher

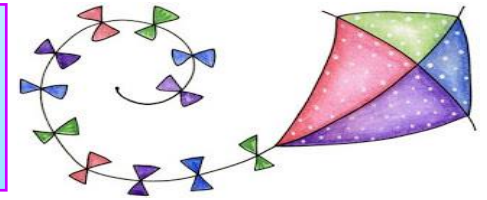
### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, May 8th, 2020

*Example*  
Mowed  
the lawn  
45 min.  
C & UB

# April 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>K-2nd students</b> can fill out the calendar with assistance from parents, and if necessary, dictate to their parents while the parent fills in the calendar. <b>3rd-5th students</b> are capable of completing this on their own. You can assist your child but the calendar should be filled out in <u>their handwriting</u>, NOT yours. <u>All students &amp; parents should sign their name</u> on the left of this calendar. Please also include you classroom teacher's name.</p>						
<p><b>Winning is important to me, but what brings me real joy is the experience of being fully engaged in whatever I'm doing.</b> Phil Jackson: Basketball Coach of the Los Angeles Lakers-</p>			1	2	3 March Cal. Due	4
5	6 NO SCHOOL Spring Break	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below

### Example

Played  
Tag  
20 min.  
C, F, & LB

### Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

### BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

Name of Classroom Teacher

### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, June 5<sup>th</sup>, 2020

# May 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>A trophy carries dust. Memories last forever.</b> ~ Mary Lou Retton ~ USA Olympic Gold Medalist in Gymnastics					1	2
4	5	5	6	7	8	9
					April Cal. Due	
10	11	12	13	14	15	16
17	18	19	20	21	22	23
					<b>NO SCHOOL</b> All Day LEAP	
24	25	26	28	29	30	31
	<b>NO SCHOOL</b> Memorial Day	<b>NO SCHOOL</b> Snow make up				

**K-2nd students** can fill out the calendar with assistance from parents, and if necessary, dictate to their parents while the parent fills in the calendar. **3rd-5th students** are capable of completing this on their own. You can assist your child 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. Please also include you classroom teacher's name.

## FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below*

*Example*  
Swimming  
60 min.  
F, UB, C

### Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

#### BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

Name of Classroom Teacher

#### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, June 12<sup>th</sup>, 2020

# June 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 May Cal. Due	6
7	8	9	10	11	12 June Cal. Due	13
14	15	16	17 Half Day Last Day of School	18	19	20
21	22	23	24	25	26	27
28	29	30	<p style="color: blue; font-weight: bold;">Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.</p> <p style="color: blue;">-Wilma Rudolph, USA gold medalist in track and field-</p>			