

JANUARY

Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

SUN

MON

TUE

WED

THU

FRI

SAT

Name: _____

Teacher: _____



FEBRUARY

Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

SUN

MON

TUE

WED

THU

FRI

SAT

Name: _____

Teacher: _____



Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

MARCH

SUN

MON

TUE

WED

THU

FRI

SAT

Name: _____

Teacher: _____



APRIL

Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

SUN

MON

TUE

WED

THU

FRI

SAT

Name: _____

Teacher: _____



Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

SUN

MON

TUE

WED

THU

FRI

SAT

MAY



Name: _____

Teacher: _____

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SUN

MON

TUE

WED

THU

FRI

SAT

JUNE

Name: _____

Teacher: _____



Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

SUN

MON

TUE

WED

THU

FRI

SAT

JULY

Name: _____

Teacher: _____



Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

AUGUST

SUN

MON

TUE

WED

THU

FRI

SAT

Name: _____

Teacher: _____



SEPTEMBER

Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

SUN

MON

TUE

WED

THU

FRI

SAT

Name: _____

Teacher: _____



OCTOBER

Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

SUN

MON

TUE

WED

THU

FRI

SAT

Name: _____

Teacher: _____



NOVEMBER

Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

SUN

MON

TUE

WED

THU

FRI

SAT

Name: _____

Teacher: _____



DECEMBER

Use the calendar to log the number of minutes of activity you get daily. Remember to include the activity minutes you get during school and outside the school day. It all counts towards 60 minutes of physical activity each day! Ask family members to join and challenge them to track their activity minutes.

SUN

MON

TUE

WED

THU

FRI

SAT

Name: _____

Teacher: _____

