May

Directions: Students fill out/complate boxes, parents initial boxes.

1. EACH completed box must be initialed by an adult for credit.

2. Pick 1 or 2 squares to complete each day - no more than 2 boxes a day as we are promoting DAILY physical activity.

3. CHOICE boxes must be 20 minutes or more of large muscle physical activities, examples: sports practice, dance, bike ride, tag, mowing lawn, walking dog, physical therapy, family walks, Wii Fit, etc. If they are things you already do, just record them on your Fitness Log. If you are not very active - get moving.

4. If you are unable to do an assigned activity because of a disability, space, lack of equipment, etc. please replace it with a similar activity that you can do.

If you have a racquet sport game: play with a family member. See how many times you can hit back and forth.

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<tr>
<th>Choice Activity</th>
<th>Cardio-Respiratory Endurance</th>
<th>Flexibility</th>
<th>Work in the yard with a parent. Pulling weeds, pushing a wheelbarrow, sweeping.</th>
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Muscular Strength

6x_ = 30
Do this many push ups. Repeat 3 times

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Cardio - Respiratory Endurance
Put on your favorite type of music and dance for at least 20 min.

Choice Activity
Go for a walk in your neighborhood with family. (Try to make the walk at least 30 minutes.

Flexibility
Try to make every shape of the alphabet with your body.

Choice Activity
Go for a bike or scooter ride. Don't forget your helmet!

Muscular Endurance
Your age x 5=
Do this many curl-ups.

Choice Activity
Make an obstacle course and time yourself going through it.

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Share your fitness calendar by scanning/take a picture of finished calendar & email to Mrs. Marsh (MarshE@issaquah.wednet.edu)