



EXERCISE CALENDAR

Example
 Tuesday
 Play at Park
 1 hour

*3 days or more each week of the month

- 30 minutes or more on each day of activity
- Minutes are in addition to PE/Recess

Find a way that is FUN to exercise!

* Write the name of the activity * Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.

Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to Mrs. Durbin or turn in bin (table outside gym)

Exercising regularly is a healthy habit!

SEPTEMBER 2022

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Turn in **6 Exercise Calendars** from September through May to earn a medal at the end of the school year.



EXERCISE CALENDAR



*3 days or more each week of the month

- 30 minutes or more of each day of activity
- Minutes are in addition to PE/Recess

* Write the name of the activity * Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.

Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to PE Teacher Mrs. Durbin or turn in bin (table outside gym)

OCTOBER 2022

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p><i>Turn in 6 Exercise Calendars from September through May to earn a medal at the end of the school year.</i></p>						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



EXERCISE CALENDAR

- * 3 days or more each week of the month
- * 30 or more minutes for each day of activity
- * This is in addition to weekly PE work.
- * Minutes are in addition to PE/recess

* Write the name of the activity * Write how long you did the activity
 Minutes from different activities can be combined to total at least
 30 minutes for each day of exercise.



Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to PE Teacher Mrs. Durbin or turn in bin (table outside gym)

NOVEMBER 2022

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Turn in **6 Exercise Calendars** from December through May
 to earn a medal at the end of the school year.



EXERCISE CALENDAR

*3 days or more each week of the month

- 30 minutes or more on each day of activity
- Minutes are in addition to PE/Recess

* Write the name of the activity

* Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.



Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to PE Teacher Mrs. Durbin or turn in bin (table outside gym)

...exercise feels great!

DECEMBER 2022

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Turn in **6 Exercise Calendars** from December through May to earn a medal at the end of the school year.



EXERCISE CALENDAR

*3 days or more each week of the month

- 30 minutes or more on each day of activity
- Minutes are in addition to PE/Recess

* Write the name of the activity

* Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.

Example
Saturday
Activities in the snow
45 minutes

Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to PE Teacher Mrs. Durbin or turn in bin (table outside gym)

Try something new!

JANUARY 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Turn in **6 Exercise Calendars** from December through May to earn a medal at the end of the school year.



EXERCISE CALENDAR

Example

Friday

Family Exercising
30 min.

*3 days or more each week of the month

- 30 minutes or more on each day of activity
- Minutes are in addition to PE/Recess



* Write the name of the activity * Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.

Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to Mrs. Durbin or turn in bin (table outside gym)



FEBRUARY 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Turn in **6 Exercise Calendars** from September through May to earn a medal at the end of the school year.



EXERCISE CALENDAR



*3 days or more each week of the month

- 30 minutes or more on each day of activity
 - Minutes are in addition to PE/Recess

* Write the name of the activity * Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.



Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to Mrs. Durbin or turn in bin (table outside gym)

MARCH 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Turn in **6 Exercise Calendars** from September through May to earn a medal at the end of the school year.



EXERCISE CALENDAR

Example

Tuesday

Nature Walk

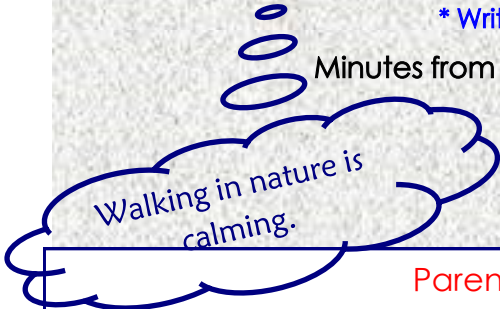
1 hour

*3 days or more each week of the month

- 30 minutes or more on each day of activity
- Minutes are in addition to PE/Recess

* Write the name of the activity * Write how long you did the activity

Minutes from different activities can be combined to total at least 30 minutes for each day of exercise.



Parent signature/initials verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Return to Mrs. Durbin or turn in bin (table outside gym)

APRIL 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30		Turn in 6 Exercise Calendars from September through May to earn a medal at the end of the school year.				

Exercise Calendar

Requirements:

3 days or more each week of the month (20 minutes or more on exercise days)

(1) Write the name of the activity

Before or after school only

(2) Write how long you did the activity

Minutes from different activities can be combined but must total 20 or more minutes for each day of activity

Example

Wednesday

Scooter Riding
1 1/2 hours

Helmet on
for safety.



Parent signature verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade _____

Post this or your own calendar on the Exercise Calendar Channel on our PE Teams Site

MAY 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

This is the last Exercise Calendar that counts toward a medal.