

# 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**

**Sunday**

Kayaking  
2 hours

Exercising  
outside is fun!



Parent signature verifies exercise calendar is correct

Student Name (first & last) \_\_\_\_\_ Parent Signature \_\_\_\_\_

Classroom Teacher Name \_\_\_\_\_ Grade in 2023/24 \_\_\_\_\_

Turn in to Mrs. Durbin in September or put in the bin on the table outside the gym.

# JUNE 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	

Summer Calendars can be turned in Fall 2023. Each calendar earns a star and prize but they do not count toward a medal

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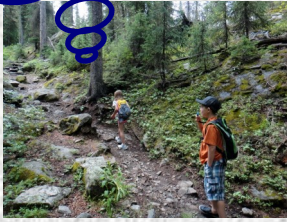
(2) Write how long you did the activity

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

**Example**

**Wednesday**

Hiking  
3 hours



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# JULY 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p style="background-color: green; color: white; padding: 5px; text-align: center;">Summer Calendars can be turned in Fall 2023. They do not count toward a medal.</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					

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**Example**

**Saturday**

Skate Park  
1 1/2 hours

Skate parks rock!



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Classroom Teacher Name \_\_\_\_\_ Grade in 2023/24 \_\_\_\_\_

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# AUGUST 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		

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