



Exercise Calendar

Requirements:

*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

Sunday

Kayaking
2 hours

Parent signature verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature _____

Classroom Teacher Name _____ Grade in 2025-2026 _____

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

JUNE 2025

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 2025. Each calendar earns a star and prize and does not count toward a medal.



Exercise Calendar

Requirements:

*3 days or more **each week** of the month

- 30 minutes or more **or 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

Wednesday

Hiking
3 hours

Parent signature verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature_____

Classroom Teacher Name_____ Grade in 2025/2026 _____

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

JULY 2025

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		

Summer Calendars can be turned in Fall 2025. Each calendar earns a star and prize and does not count toward a medal.



Exercise Calendar

Requirements:

*3 days or more **each week** of the month

- 30 minutes or more **or 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

Skate Park
1 1/2 hours

Parent signature verifies exercise calendar is correct

Student Name (first & last) _____ Parent Signature_____

Classroom Teacher Name_____ Grade in 2025/2026 _____

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

AUGUST 2025

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	Summer Calendars can be turned in Fall 2025. Each calendar earns a star and prize and does not count toward a medal.					