



Fit For Life

January 2012

Fit For Life

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 __exercises __walk/run __practice/game __other	2 __exercises __walk/run __practice/game __other	3 __exercises __walk/run __practice/game __other	4 __exercises __walk/run __practice/game __other	5 __exercises __walk/run __practice/game __other	6 __exercises __walk/run __practice/game __other	7 __exercises __walk/run __practice/game __other
8 __exercises __walk/run __practice/game __other	9 __exercises __walk/run __practice/game __other	10 __exercises __walk/run __practice/game __other	11 __exercises __walk/run __practice/game __other	12 __exercises __walk/run __practice/game __other	13 __exercises __walk/run __practice/game __other	14 __exercises __walk/run __practice/game __other
15 __exercises __walk/run __practice/game __other	16 __exercises __walk/run __practice/game __other	17 __exercises __walk/run __practice/game __other	18 __exercises __walk/run __practice/game __other	19 __exercises __walk/run __practice/game __other	20 __exercises __walk/run __practice/game __other	21 __exercises __walk/run __practice/game __other
22 __exercises __walk/run __practice/game __other	23 __exercises __walk/run __practice/game __other	24 __exercises __walk/run __practice/game __other	25 __exercises __walk/run __practice/game __other	26 __exercises __walk/run __practice/game __other	27 __exercises __walk/run __practice/game __other	28 __exercises __walk/run __practice/game __other
29 __exercises __walk/run __practice/game __other	30 __exercises __walk/run __practice/game __other	31 __exercises __walk/run __practice/game __other				

Students Name _____ 1 check is equal to approximately 30 minutes of activity
 Grade/Classroom Teacher _____ Maximum of 40 points per week are accepted
 Parent Signature _____ Total Points _____ (1 checkmark = 5 points)