

# FIT FOR LIFE FEBRUARY 2021 “COMMIT TO BE FIT!” Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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						<b>EXAMPLE: Workout Video 20 minutes</b>

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Class Teacher & Grade**

**FITNESS CALENDAR REQUIREMENTS:** Record what you did (ex: running, basketball, shoveling snow) and record how long you did the activity (a total of 20 minutes or more is required). February Calendar must be turned in by Friday March 12, 2021