

FIT FOR LIFE JANUARY 2021 “COMMIT TO BE FIT!” Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						EXAMPLE: Basketball Practice 20 minutes

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). **January Calendar must be turned in by Friday Feb 12, 2021**