**March/April**

**Fit for Life Movement Calendar**

**Students, your goal should be 60 minutes of physical activity each day. Some ideas may include walking, jogging, running, jumping rope, trampoline, bike ride, sports, etc.**

**If you would like additional ideas please check out** [**http://health.gov**](http://health.gov)**;** [**http://healthykidshealthyfuture.org**](http://healthykidshealthyfuture.org)

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| **March**  22  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 23  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 24  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 25  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 26  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 27  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 28  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ |
| 29  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 30  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 31  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | **April** 1  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 2  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 3  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 4  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ |
| 5  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 6  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 7  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 8  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 9  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 10  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 11  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ |
| 12  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 13  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 14  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 15  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 16  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 17  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ | 18  Activity\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  Time\_\_\_\_\_\_\_\_\_ |