



TeachMeFit Calendar



Print and Post on your Refrigerator

May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Go for a 20 minute bike ride	2 Run or walk 1 mile throughout the day.	3 Go for a 20 minute bike ride	4 Make fruit smoothies with your family for a snack.
5 You and a family member play catch for 15 minutes!	6 Eat 2 different fruits and 2 different vegetables.	7 Run or walk 1 mile throughout the day.	8 Perform 20 repetitions of six of your favorite TeachMeFit moves.	9 Practice a sport skill that you need to improve for 10 minutes.	10 Go for a 20 minute bike ride	11 Do 20 push-ups when you wake up and before you go to sleep.
12 Give your mother a 15 minute back massage.	13 Do an exercise video with a parent (at least 10 minutes but try for more).	14 Eat 3 different vegetables while watching a sports game on TV.	15 Do 5 minutes of continuous TeachMeFit moves.	16 Practice jump roping for at least 10 minutes.	17 Go for a 20 minute bike ride	18 Spend an hour outside playing with a family member or friend.
19 Go to the park and play for 30 minutes.	20 Teach a family member an exercise that you learned in PE class.	21 Do the plank for a total of 3 minutes. It can be in multiple rounds.	22 Make fruit smoothies with your family for a snack.	23 Drink 1 glass of milk or water; eat 2 vegetables, and 1 fruit with your evening meal.	24 Go for a 20 minute bike ride	25 Choose any physical activity to play with your family.
26 Limit screen time to 60 minutes.	27 Spend an hour outside playing with a family member or friend.	28 Run or walk 1 mile throughout the day.	29 Determine the food group for every food that you eat.	30 Have Hot Oatmeal for Breakfast with Fruit.	31 Choose any physical activity to play with your family.	

- How it works:** Students look at each daily activity and pick and perform 4-5 of the activities each week. (Of course they can do all of them)
- Parents:** Have your child circle the activities they successfully accomplish each week, while you initial the activity each day indicating they completed the challenge. At the end of the month fill out the bottom of this sheet and return the whole calendar back to Mr. DiGiovanni by no later than Wednesday, June 5th . Any sheet turned in after June 5th will not be eligible.
- Students:** Any student that successfully completes 15 of the challenges will be entered into a raffle to win NFL Fuel Up to Play 60 goodies goodies; footballs, water bottles, pencils, pens, T-shirts, hats, lanyards, bracelets, etc. The student that accomplishes the most challenges will be eligible to receive a grand prize that includes jerseys, extra PE for your entire class.

Student Name (please print)

Classroom Teacher

Parent Signature