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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Monthly Highlight: | 1Activity:Duration: | 2Activity:Duration: | 3Activity:Duration: | 4Activity:Duration: |
| 5Activity:Duration: | 6Activity:Duration: | 7Activity:Duration: | 8Activity:Duration: | 9Activity:Duration: | 10Activity:Duration: | 11Activity:Duration: |
| 12Activity:Duration: | 13Activity:Duration: | 14Activity:Duration: | 15Activity:Duration: | 16Activity:Duration: | 17Activity:Duration: | 18Activity:Duration: |
| 19Activity:Duration: | 20Activity:Duration: | 21Activity:Duration: | 22Activity:Duration: | 23Activity:Duration: | 24Activity:Duration: | 25Activity:Duration: |
| 26Activity:Duration: | 27Activity:Duration: | 28Activity:Duration: | Healthy Habit: **Fitness Components**What are the fitness components?Social Skill: **Attitude/Enthusiasm**- a settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior. |

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_