|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Monthly Highlight: | | | 1  Activity:  Duration: | 2  Activity:  Duration: | 3  Activity:  Duration: | 4  Activity:  Duration: |
| 5  Activity:  Duration: | 6  Activity:  Duration: | 7  Activity:  Duration: | 8  Activity:  Duration: | 9  Activity:  Duration: | 10  Activity:  Duration: | 11  Activity:  Duration: |
| 12  Activity:  Duration: | 13  Activity:  Duration: | 14  Activity:  Duration: | 15  Activity:  Duration: | 16  Activity:  Duration: | 17  Activity:  Duration: | 18  Activity:  Duration: |
| 19  Activity:  Duration: | 20  Activity:  Duration: | 21  Activity:  Duration: | 22  Activity:  Duration: | 23  Activity:  Duration: | 24  Activity:  Duration: | 25  Activity:  Duration: |
| 26  Activity:  Duration: | 27  Activity:  Duration: | 28  Activity:  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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_