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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Healthy Habit: How much physical activity should I get? **60 minutes a day of physical activity.**  Character Trait: **Integrity**- the quality of being honest and having strong moral principles; moral uprightness. | | | | 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: | 29  Activity:  Duration: | 30  Activity:  Duration: | **Monthly Highlight** |

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