|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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. | 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: | 29Activity:Duration: | 30Activity:Duration: | **Monthly Highlight** |

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