

**CHOICE #1**

# May 2007 Wellness Calendar

**Name:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Certificates will be awarded for this month's participation.</i>		1 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	2	3 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	4 Roll up 2-3 socks and practice juggling.	5
6 Practice throwing and catching. Use a ball or rolled up socks.	7 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	8	9 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	10 Tap a balloon to yourself or a partner for 2 minutes.	11 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	12
13	14 Practice different balances and exercises when a commercial comes on TV.	15 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	16	17 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	18	19 Play Balloon Volleyball or Keep It Up with a partner or parent.
20 <b>Power walking today - decide on a course and try walking a mile at a brisk pace</b>	21 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	22	23 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	24	25 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	26 Practice throwing and catching. Use a ball or rolled up socks.
27	28	29 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	30	31 25-45 curl-ups 20-35 push ups 3-5 different stretches (legs & arms)	<b>May is Physical Fitness and Sport Month "Active in America!"</b>	

**In Celebration of this month, we would like everyone to take a physical fitness pledge for this month, as well as, for life. "I hereby pledge to stay or become physically active for the month of May to start.**

**That means exercising 3-4 times per week for at least 20 minutes."**

**I certify that my son/daughter, \_\_\_\_\_, completed the Wellness Challenge.**

**Student Signature:** \_\_\_\_\_ **Parent/Guardian Signature:** \_\_\_\_\_

**CHOICE #2**

# May 2007 Wellness Calendar

*Name:* \_\_\_\_\_ *Teacher:* \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Certificates will be awarded for this month's participation.</i>		1 <b>Activity:</b> _____	2 <b>Activity:</b> _____	3 <b>Activity:</b> _____	4 <b>Activity:</b> _____	5 <b>Activity:</b> _____
6 <b>Activity:</b> _____	7 <b>Activity:</b> _____	8 <b>Activity:</b> _____	9 <b>Activity:</b> _____	10 <b>Activity:</b> _____	11 <b>Activity:</b> _____	12 <b>Activity:</b> _____
13 <b>Activity:</b> _____	14 <b>Activity:</b> _____	15 <b>Activity:</b> _____	16 <b>Activity:</b> _____	17 <b>Activity:</b> _____	18 <b>Activity:</b> _____	19 <b>Activity:</b> _____
20 <b>Activity:</b> _____	21 <b>Activity:</b> _____	22 <b>Activity:</b> _____	23 <b>Activity:</b> _____	24 <b>Activity:</b> _____	25 <b>Activity:</b> _____	26 <b>Activity:</b> _____
27 <b>Activity:</b> _____	28 <b>Activity:</b> _____	29 <b>Activity:</b> _____	30 <b>Activity:</b> _____	31 <b>Activity:</b> _____	<b>May is Physical Fitness and Sport Month</b> <i>"Active in America!"</i>	

In Celebration of this month, we would like everyone to take a physical fitness pledge for this month, as well as, for life. "I hereby pledge to stay or become physically active for the month of May to start.

That means exercising 3-4 times per week for at least 20 minutes."

I certify that my son/daughter, \_\_\_\_\_, completed the Wellness Challenge.

*Student Signature:* \_\_\_\_\_ *Parent/Guardian Signature:* \_\_\_\_\_