

(FIRST NAME)

(LAST NAME)

(ROOM NUMBER)

January H&F Homework



= 30 minutes or more of cardio: running, walking, jumping, biking etc.



= 10 or more different stretches (hold each 20 seconds)



= 10 minutes of muscle work: push-ups, curl ups, lunges, etc.

2012

Health & Fitness Log: Draw the symbol(s) on the day below

(NEED 15 SYMBOLS TO COMPLETE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____
8	9	10	11	12	13	14
Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____
15	16	17	18	19	20	21
Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____
22	23	24	25	26	27	28
Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____	Parent Initials_____
29	30	31	NEED 15 SYMBOLS TO COMPLETE! PLEASE TURN INTO MR. MILLSAP BY JAN. 31			
Parent Initials_____	Parent Initials_____	Parent Initials_____				