

# January H&F Homework

2011



= 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.

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

(NEED 15 SYMBOLS TO COMPLETE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Parent Initials_____
2 Parent Initials_____	3 Parent Initials_____	4 Parent Initials_____	5 Parent Initials_____	6 Parent Initials_____	7 Parent Initials_____	8 Parent Initials_____
9 Parent Initials_____	10 Parent Initials_____	11 Parent Initials_____	12 Parent Initials_____	13 Parent Initials_____	14 Parent Initials_____	15 Parent Initials_____
16 Parent Initials_____	17 Parent Initials_____	18 Parent Initials_____	19 Parent Initials_____	20 Parent Initials_____	21 Parent Initials_____	22 Parent Initials_____
23 Parent Initials_____	24 Parent Initials_____	25 Parent Initials_____	26 Parent Initials_____	27 Parent Initials_____	28 Parent Initials_____	29 Parent Initials_____
30 Parent Initials_____	31 Parent Initials_____					

STUDENT NAME \_\_\_\_\_

ROOM NUMBER \_\_\_\_\_