

# March into Fitness 2014

Name/ Classroom Teacher \_\_\_\_\_/\_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 1 2 3 4 5 10 10 10
<b>2</b> 1 2 3 4 5 10 10 10	<b>3</b> 1 2 3 4 5 10 10 10	<b>4</b> 1 2 3 4 5 10 10 10	<b>5</b> 1 2 3 4 5 10 10 10	<b>6</b> 1 2 3 4 5 10 10 10	<b>7</b> 1 2 3 4 5 10 10 10	<b>8</b> 1 2 3 4 5 10 10 10
<b>9</b> 1 2 3 4 5 10 10 10	<b>10</b> 1 2 3 4 5 10 10 10	<b>11</b> 1 2 3 4 5 10 10 10	<b>12</b> 1 2 3 4 5 10 10 10	<b>13</b> 1 2 3 4 5 10 10 10	<b>14</b> 1 2 3 4 5 10 10 10	<b>15</b> 1 2 3 4 5 10 10 10
<b>16</b> 1 2 3 4 5 10 10 10	<b>17</b> 1 2 3 4 5 10 10 10	<b>18</b> 1 2 3 4 5 10 10 10	<b>19</b> 1 2 3 4 5 10 10 10	<b>20</b> 1 2 3 4 5 10 10 10	<b>21</b> 1 2 3 4 5 10 10 10	<b>22</b> 1 2 3 4 5 10 10 10
<b>23</b> 1 2 3 4 5 10 10 10	<b>24</b> 1 2 3 4 5 10 10 10	<b>25</b> 1 2 3 4 5 10 10 10	<b>26</b> 1 2 3 4 5 10 10 10	<b>27</b> 1 2 3 4 5 10 10 10	<b>28</b> 1 2 3 4 5 10 10 10	<b>29</b> 1 2 3 4 5 10 10 10
<b>30</b> 1 2 3 4 5 10 10 10	<b>31</b> 1 2 3 4 5 10 10 10				For each serving of a fruit or vegetable eaten, place an "X" through the numbers 1-5.	For every 10 minutes of physical activity, place an "X" through each of the "10" numbers.

**Give this to Miss Hurwitz or Miss Johnson during class in the first two weeks of April to receive a prize for your efforts!**