

Have a fun and
safe vacation!
Try to do
something you
have never done
before!

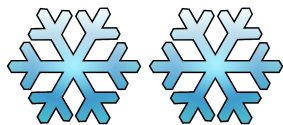
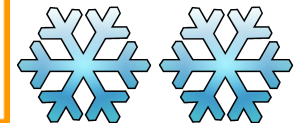
Your name _____

Your teacher's name _____

Parent signature _____

Instructions:

- Color in each day of Winter Break that you are physically active for 60 minutes or more.
- If you want, return this signed form to Coach. Lierman and Coach Madore January 4.



workout with parents
exercise videos
tennis
Eclipse Ball
Nitro Ball
play in the snow?!?!

playgrounds
visit parks
"commercial break
exercises"
visit the zoo
skiing
exercise ball

play tag (inside/out)
gymnastics
walking the dog
rake leaves

biking
hiking
recess games
field games
exercises
jump rope

Winter Break 60

December

December

December

December

December

December

December

December

January

January

January

January

December

December

Your GOAL is to be physically active for 60 minutes or more every day.

17	18	19	20	21	22
23	24	25	26	27	28
29	30	31	1		