

## Pre-K Physical Fit and Healthy Calendar for June 2020

If you have access to a printer, you can print the calendar. If not, it is ok. You can still do the activity with your child. ☺

**\*\*Each time you complete an activity, color that square.\*\***

Number of completed fitness/healthy blocks: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Play outside and play tag	<b>2</b> Go for a bike ride or scooter ride	<b>3</b> Eat breakfast as a family	<b>4</b> Try a new fruit today	<b>5</b> Turn off the t.v. for the whole day	<b>6</b> Plant some flowers outside
<b>7</b> Do 10 Sit Ups and 10 Push Ups	<b>8</b> Clean up the yard	<b>9</b> Go for a walk outside	<b>10</b> Brush your teeth after every meal	<b>11</b> Family game night	<b>12</b> Help clean out the car	<b>13</b> Make a meal with a family member
<b>14</b> Make a veggie tray and try a new veggie	<b>15</b> Play outside	<b>16</b> Run around outside in a sprinkler or swim in a pool	<b>17</b> Help with cleaning the dishes	<b>18</b> Drink water or milk today	<b>19</b> Hop like a frog 20 times	<b>20</b> Make your bed, put your toys away
<b>21</b> Make dad or grandpa their favorite snack for Father's Day	<b>22</b> Drink water today, no soda or juice	<b>23</b> Time yourself and see how long you can jump	<b>24</b> Play the Hokey Pokey	<b>25</b> Go for a run outside	<b>26</b> Turn on some music and move your body!	<b>27</b> Have a dance off with your family members
<b>28</b> Play Simon Says or Hide and Go Seek	<b>29</b> Stand on one foot and touch your nose	<b>30</b> Draw with chalk outside, make a hopscotch				

Draw a picture of your favorite activity below or on the back of this paper.