

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

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