

Back to School

If you took the summer off (or just a short break) from your fitness activities, it is time to get back into the swing of things and GET BACK TO FITNESS. This challenge will help you get back on track.

- Place one **X** in each day's box that you engage in 30 minutes of MODERATE to VIGOROUS PHYSICAL ACTIVITY. Place another **X** if you do at least 60 minutes of MODERATE to VIGOROUS PHYSICAL ACTIVITY.
- Place another **X** in each day's box that you drink at least 6-8 glasses of water. (That does NOT include soda, tea, coffee, lemonade, etc.)

September 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

NAME _____ . Return form to Julie Jones in Health Education by October 2nd.