

# November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Min: Activity:	2 Min: Activity:
3 Min: Activity:	4 Min: Activity:	5 Min: Activity:	6 Min: Activity:	7 Min: Activity:	8 Min: Activity:	9 Min: Activity:
10 Min: Activity:	11 Min: Activity:	12 Min: Activity:	13 Min: Activity:	14 Min: Activity:	15 Min: Activity:	16 Min: Activity:
17 Min: Activity:	18 Min: Activity:	19 Min: Activity:	20 Min: Activity:	21 Min: Activity:	22 Min: Activity:	23 Min: Activity:
24 Min: Activity:	25 Min: Activity:	26 Min: Activity:	27 Min: Activity:	28 Min: Activity:	29 Min: Activity:	30 Min: Activity:

Total Time: \_\_\_\_\_ hours \_\_\_\_\_ minutes (Remember to aim for 50 min. per week)

Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Due on: Tuesday, December 3