

December 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:	31 Min: Activity:				

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

Name: _____

Parent Signature: _____

Due on: Tuesday, January 7, 2020