

Principal's Physical Fitness Recognition

Walk/Ride Bike to School

February School Days																	March School Days																					
2	3	4	5	6	9	10	11	12	17	18	19	20	23	24	25	26	27	2	3	4	5	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31
April School Days														May School Days																								
1	2	3	13	14	15	16	17	20	21	22	23	24	27	28	29	30	1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	26	27	28	29		

Check each day that you walk or ride your bike to or from school

Total number of days checked = Every day you walk or ride to or from school equals 1 point. The number of days checked x 1 =

Walking Path Miles

February School Days																	March School Days																					
2	3	4	5	6	9	10	11	12	17	18	19	20	23	24	25	26	27	2	3	4	5	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31
April School Days														May School Days																								
1	2	3	13	14	15	16	17	20	21	22	23	24	27	28	29	30	1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	26	27	28	29		

Check each day that you receive a stamp for walking a mile

Total number of days checked = Every day you receive a mile stamp equals 10 points. The number of days checked x 10 =

Get Up-Get Moving

February School Days																	March School Days																					
2	3	4	5	6	9	10	11	12	17	18	19	20	23	24	25	26	27	2	3	4	5	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31
April School Days														May School Days																								
1	2	3	13	14	15	16	17	20	21	22	23	24	27	28	29	30	1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	26	27	28	29		

Check each day that you participate in get up get moving

Total number of days checked = Every day you participate in Get Up-Get Moving equals 5 points. The number of days checked x 5 =

Swimming

February School Days																	March School Days																					
2	3	4	5	6	9	10	11	12	17	18	19	20	23	24	25	26	27	2	3	4	5	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31
April School Days														May School Days																								
1	2	3	13	14	15	16	17	20	21	22	23	24	27	28	29	30	1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	26	27	28	29		

Check each day that you swim for at least 1/2 hour

Total number of days checked = Every day you swim for 1/2 hour or more equals 2 points. The number of days checked x 2 =

Rec League Sports

February School Days																	March School Days																					
2	3	4	5	6	9	10	11	12	17	18	19	20	23	24	25	26	27	2	3	4	5	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31
April School Days														May School Days																								
1	2	3	13	14	15	16	17	20	21	22	23	24	27	28	29	30	1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	26	27	28	29		

Check each day that you practice for or play in a league game

Total number of days checked = Every day you practice or play in a league sport equals 2 points. The number of days checked x 2 =

Each hour of active playing

February School Days																	March School Days																					
2	3	4	5	6	9	10	11	12	17	18	19	20	23	24	25	26	27	2	3	4	5	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30	31
April School Days														May School Days																								
1	2	3	13	14	15	16	17	20	21	22	23	24	27	28	29	30	1	4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	26	27	28	29		

Check each day that you have play for at least 1 hour (non-school)

Total number of days checked = Every day you have active play for at least 1 hour equals 1 point. The number of days checked x 1 =

To reach the recognition students must have 100 or more points.

Total number of all days checked = The total number of points from each category =

Please turn in this sheet to your teacher the first week of June