

F.U.N. CLUB

Fitness U Need



What is PHYSICAL ACTIVITY?

BY definition, PHYSICAL ACTIVITY is: "ANY bodily movement produced by skeletal muscles that requires energy expenditure."



BENEFITS OF PHYSICAL ACTIVITY:

- Healthy growth and development
- Build strong bones and muscles
- Improve balance and develop skills
- Maintain and develop flexibility
- Achieve and maintain a healthy weight
- Boost confidence and self-esteem
- Improve posture
- Improve cardiovascular fitness
- Reduce stress
- Feel more relaxed



MARCH 2020

S	M	T	W	TR	F	S
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	31				



Log your
fitness hours
each day

Goal: 3
hours/week



Total Hours: ____ Parent signature: _____

April 2020

S	M	T	W	TR	F	S
			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		



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MAY 2020

S	M	T	W	TR	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						



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