



How to use your *Food-N-Moves 4 U* Calendar

Document your time each day. It is a great job for a special student.

1. Have your class participate in accumulated 10 minutes of physical activity and an average of 10 minutes of nutrition education each day.
2. After the class has met the required time for physical activity and nutrition education write down the total number of minutes on the calendar to indicate you have completed *Food-N-Moves 4 U* for that day. Subtotal the times at the end of the week.
3. At the end of each month add the monthly total time for physical activity and for nutrition education, sign the bottom and submit the completed calendar to your principal.
4. There is a sample calendar on the back of this page to show what a completed calendar should look like at the end of the month.


The goal of *Food-N-Moves 4 U* is to provide each student with opportunities to be active and learn about nutrition for a total of **20+ minutes** during every school day. By using these calendars your class can track the activities you do and the length of time you do them. This will also help the *Food-N-Moves 4 U* staff share your success and evaluate the program at the end of the school year.

It All Adds Up

Remember, you may do all of your day's nutrition education and physical activity at once or you may divide them up throughout the day.

Submit your calendars to your principal for documentation purposes at the end of each month. Thanks for your assistance with this.

October 2008

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Totals</i>
		1	2	3	
		Physical <u>10 Mins</u>	Physical <u>15 Mins</u>	Physical <u>10 Mins</u>	<i>Physical</i> <u>35 Mins</u>
		Nutrition <u>10 Mins</u>	Nutrition <u>10 Mins</u>	Nutrition <u>15 Mins</u>	<i>Nutrition</i> <u>35 Mins</u>
		Total <u>20 Mins</u>	Total <u>25 Mins</u>	Total <u>25 Mins</u>	Total <u>70 Mins</u>
6	7	8	9 <i>In-Service</i>	10 <i>In-Service</i>	
Physical <u>10 Mins</u>	Physical <u>20 Mins</u>	Physical <u>0 Mins</u>	Physical <u>0 Mins</u>	Physical <u>0 Mins</u>	<i>Physical</i> <u>30 Mins</u>
Nutrition <u>10 Mins</u>	Nutrition <u>0 Mins</u>	Nutrition <u>20 Mins</u>	Nutrition <u>0 Mins</u>	Nutrition <u>0 Mins</u>	<i>Nutrition</i> <u>30 Mins</u>
Total <u>20 Mins</u>	Total <u>20 Mins</u>	Total <u>20 Mins</u>	Total <u>0 Mins</u>	Total <u>0 Mins</u>	Total <u>60 Mins</u>
13 <i>Holiday</i>	14	15	16	17	
Physical <u>0 Mins</u>	Physical <u>5 Mins</u>	Physical <u>10 Mins</u>	Physical <u>15 Mins</u>	Physical <u>0 Mins</u>	<i>Physical</i> <u>30 Mins</u>
Nutrition <u>0 Mins</u>	Nutrition <u>5 Mins</u>	Nutrition <u>15 Mins</u>	Nutrition <u>5 Mins</u>	Nutrition <u>0 Mins</u>	<i>Nutrition</i> <u>25 Mins</u>
Total <u>0 Mins</u>	Total <u>10 Mins</u>	Total <u>25 Mins</u>	Total <u>20 Mins</u>	Total <u>0 Mins</u>	Total <u>55 Mins</u>
20	21	22	23	24	
Physical <u>15 Mins</u>	Physical <u>20 Mins</u>	Physical <u>0 Mins</u>	Physical <u>10 Mins</u>	Physical <u>15 Mins</u>	<i>Physical</i> <u>60 Mins</u>
Nutrition <u>15 Mins</u>	Nutrition <u>0 Mins</u>	Nutrition <u>20 Mins</u>	Nutrition <u>10 Mins</u>	Nutrition <u>10 Mins</u>	<i>Nutrition</i> <u>55 Mins</u>
Total <u>30 Mins</u>	Total <u>20 Mins</u>	Total <u>20 Mins</u>	Total <u>20 Mins</u>	Total <u>25 Mins</u>	Total <u>115 Mins</u>
27	28	29	30	31	
Physical <u>15 Mins</u>	Physical <u>10 Mins</u>	Physical <u>10 Mins</u>	Physical <u>15 Mins</u>	Physical <u>10 Mins</u>	<i>Physical</i> <u>60 Mins</u>
Nutrition <u>5 Mins</u>	Nutrition <u>20 Mins</u>	Nutrition <u>10 Mins</u>	Nutrition <u>10 Mins</u>	Nutrition <u>15 Mins</u>	<i>Nutrition</i> <u>60 Mins</u>
Total <u>20 Mins</u>	Total <u>30 Mins</u>	Total <u>20 Mins</u>	Total <u>25 Mins</u>	Total <u>25 Mins</u>	Total <u>120 Mins</u>

School Name: Friendly Elementary

Teacher Signature: Thomas Thumb

Sample


Monthly Totals

Physical 215 Mins

Nutrition 205 Mins

Total 420 Mins

September 2008

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Totals</i>
1	2	3	4	5	
Holiday	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
8	9	10	11	12	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
15	16	17	18	19	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
22	23	24	25	26	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
29	30				
Physical _____ Mins	Physical _____ Mins				
Nutrition _____ Mins	Nutrition _____ Mins				
Total _____ Mins	Total _____ Mins				


School Name:
Teacher Signature:



Monthly Totals	
Physical _____	Mins
Nutrition _____	Mins
Total _____	Mins

October

2008

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Totals</i>
		1	2	3	
		Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
		Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
		Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
6	7	8	9	10	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Phy In-Service Day _____ Mins	Phys In-Service Day _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nut In-Service Day _____ Mins	Nutr In-Service Day _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins			Total _____ Mins
13	14	15	16	17	
PH Holiday _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
N _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
20	21	22	23	24	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
27	28	29	30	31	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins


School Name:
Teacher Signature:



Monthly Totals	
Physical	_____ Mins
Nutrition	_____ Mins
Total	_____ Mins

November

2008

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Totals</i>
					
3	4	5	6	7	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
10	11	12	13	14	
Ph No School _____ Mins	Ph Holiday _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nu No School _____ Mins	Nu Holiday _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
17	18	19	20	21	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
24	25	26	27	28	
Physical _____ Mins	Physical _____ Mins	Ph No School _____ Mins	Ph Holiday _____ Mins	Ph No School _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nu No School _____ Mins	Nu Holiday _____ Mins	Nu No School _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins


School Name:
Teacher Signature:

Monthly Totals	
Physical	_____ Mins
Nutrition	_____ Mins
Total	_____ Mins



December

2008

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Totals</i>
1	2	3 <i>Early Release</i>	4	5	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
8	9	10	11	12	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
15	16	17	18	19	1
Physical _____ Mins	Physical _____ Mins	Physical _____ Physical	Mins _____ Physical	Mins _____ Physical	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Nutrition	Mins _____ Nutrition	Mins _____ Nutrition	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Total	Mins _____ Total	Mins _____ Total	Total _____ Mins
22	23	24	25	26	
Physical _____ Mins	Physical _____ Mins	No School	Holiday	No School	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	No School	Holiday	No School	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
29	30	31			
No School	No School	No School			<i>Physical</i> _____ <i>Mins</i>
No School	No School	No School			<i>Nutrition</i> _____ <i>Mins</i>
No School	No School	No School			Total _____ Mins

School Name: _____


Teacher Signature: _____

Monthly Totals	
Physical _____	Mins
Nutrition _____	Mins
Total _____	Mins



January

2009

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Totals</i>	
			1 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	2 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	Physical _____ Mins Nutrition _____ Mins Total _____ Mins	
	5 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	6 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	7 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	8 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	9 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	Physical _____ Mins Nutrition _____ Mins Total _____ Mins
	12 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	13 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	14 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	15 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	16 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	Physical _____ Mins Nutrition _____ Mins Total _____ Mins
19 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	20 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	21 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	22 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	23 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	Physical _____ Mins Nutrition _____ Mins Total _____ Mins	
26 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	27 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	28 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	29 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	30 Physical _____ Mins Nutrition _____ Mins Total _____ Mins	Physical _____ Mins Nutrition _____ Mins Total _____ Mins	

School Name: _____

Teacher Signature: _____

Monthly Totals	
Physical	_____ Mins
Nutrition	_____ Mins
Total	_____ Mins



February 2009

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Totals</i>
2	3	4	5	6	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
9	10	11	12	13	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
16	17	18	19	20	
Physical _____ Mins Holiday	Physical _____ Mins No School	Physical _____ Mins No School	Physical _____ Mins No School	Physical _____ Mins No School	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
23	24	25	26	27	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins



School Name: _____


Teacher Signature: _____



Monthly Totals	
Physical	_____ Mins
Nutrition	_____ Mins
Total	_____ Mins

March

2009

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Totals</i>
2	3	4	5	6	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
9	10	11	12	13	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
16	17	18	19	20	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
23	24	25	26	27	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Tri-District In-Service	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins		<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins		Total _____ Mins
30	31				
Physical _____ Mins	Physical _____ Mins				<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins				<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins				Total _____ Mins


School Name:
Teacher Signature:



Monthly Totals	
Physical	_____ Mins
Nutrition	_____ Mins
Total	_____ Mins

April

2009

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Totals</i>
		1	2	3	
		Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
		Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
		Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
6	7	8	9	10	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<div style="border: 1px solid black; padding: 5px; text-align: center;"> No School </div>	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins		<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
13	14	15	16	17	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
20	21	22	23	24	
<div style="border: 1px solid black; padding: 5px; text-align: center;"> Holiday </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> No School </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> No School </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> No School </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> No School </div>	<i>Physical</i> _____ <i>Mins</i>
					<i>Nutrition</i> _____ <i>Mins</i>
					Total _____ Mins
27	28	29	30		
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins		<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins		<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins		Total _____ Mins

School Name: _____

Teacher Signature: _____

Monthly Totals

Physical _____ Mins

Nutrition _____ Mins

Total _____ **Mins**



May

2009

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Totals</i>
				1	
				Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
				Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
				Total _____ Mins	Total _____ Mins
4	5	6	7	8	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
11	12	13	14	15	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
18	19	20 <i>Early Release</i>	21	22	
Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins
25	26	27	28	29	
Ph Holiday _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	Physical _____ Mins	<i>Physical</i> _____ <i>Mins</i>
N _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	Nutrition _____ Mins	<i>Nutrition</i> _____ <i>Mins</i>
Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins	Total _____ Mins

School Name: _____

Teacher Signature: _____

Monthly Totals	
Physical	_____ Mins
Nutrition	_____ Mins
Total	_____ Mins



