





April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total		
		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	 University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating University of Illinois Extension provides equal opportunities in programs and employment.			

Each day fill in what physical activity you did and how many minutes you did it.

Name _____

April
total minutes of
physical activity

Aerospace Races

Catch some breezes outdoors and have aerospace races. Whether you are flying a kite, throwing a plastic flying disc, or flying paper airplanes, be sure to record your physical activity minutes on the calendar. Make designs for the races below.

