




July 2008

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

Summer Fun for All Ages

Many summer activities can be enjoyed by people of all ages. Unscramble the words below to reveal fun summer physical activities.

Ishtaobf

breefis giwrothn

dieh dna eske

pte or arc swigahn

or

gwinsmmi

treaw snikig

nnitse

flog

drennagig

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

Name _____

July
total minutes of
physical activity