




# August 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
 <p>University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating University of Illinois Extension provides equal opportunities in programs and employment.</p>					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24 31	25	26	27	28	29	30	

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

Name \_\_\_\_\_

August  
total minutes of  
physical activity

## Water Fun

Solve the math problems below to reveal fun water activities and a bonus message below. Ask someone older for help, if needed.

$$\begin{array}{cccccccc} \_ & \_ & \_ & \_ & \_ & \_ & \_ & \_ \\ 20-1 & 19+4 & 3+6 & 15-2 & 10+3 & 8+1 & 7+7 & 5+2 \end{array}$$

$$\begin{array}{cccccccc} \_ & \_ & \_ & \_ & \_ & \_ & \_ & \_ \\ 4-2 & 10+5 & 3-2 & 22-2 & 4+5 & 9+5 & 3+4 & \end{array}$$

water

$$\begin{array}{cccccccc} \_ & \_ & \_ & \_ & \_ & \_ & \_ & \_ \\ 4-2 & 5-4 & 14-2 & 6+6 & 10+5 & 8+7 & 7+7 & 10+9 \end{array}$$

KEY:

- |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|
| A  | B  | C  | D  | E  | F  | G  | H  | I  |
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| J  | K  | L  | M  | N  | O  | P  | Q  | R  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| S  | T  | U  | V  | W  | X  | Y  | Z  |    |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |    |

Bonus:

$$\begin{array}{cccccccc} \_ & \_ & \_ & \_ & a & \_ & \_ & \_ \\ 6+2 & 9-8 & 26-4 & 2+3 & & 9-3 & 14+7 & 10+4 \end{array}$$

&

$$\begin{array}{cccc} \_ & \_ & \_ & \_ \\ 20-1 & 3-2 & 3+3 & 9-4 \end{array}$$

!

$$\begin{array}{cccc} \_ & \_ & \_ & \_ \\ 20-12 & 6-5 & 15-2 & 10+3 & 7-2 & 15+3 \end{array}$$