




# March 2008

## Aerobic Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
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2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23 30	24 31	25	26	27	28	29	

Find the names of aerobic activities that get your heart pumping!

Y S M T T Q L F V G B M N  
S Q K X E U I E F F M U X  
S H Y C N X L Q A D S F R  
R H J C N L D V P F G O X  
K O O U I T Z Y P N X Y E  
Q H L P S B I K I N G H P  
I G A L T B Y L P T K H O  
V U I C E P Z F W O J Q R  
O F F G X R W P Q H E H G  
Q B U N O N B C X P O O N  
U N B I Z Q H L A U R H I  
O R M N S U U V A A E W P  
U R D N P V I D F D A I M  
P X I U N J N S Z L I D U  
L H V R V R O W K K X N J  
S M I F X C F I F B Z A G  
S H Y K C P N H J C H P B  
B P N E I G B Q R C C C F  
G J R T I N H H B R M M A  
F X W X V O G S H S D Y R  
V L N U K O C U E Y Q H A  
E Y E F E U M G I H T A U  
C L B A S K E T B A L L G  
Z D P V I K A T Y R S S W  
P S M D S W I M M I N G Z

- BASKETBALL
- BIKING
- HIKING
- JUMPING ROPE
- ROLLERBLADING
- RUNNING
- SOCCER
- SWIMMING
- TENNIS
- WALKING

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

Name \_\_\_\_\_

March  
total minutes of  
physical activity