




March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
							 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 _____

March
 total minutes of
 physical activity

Aerobic Activities

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