




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.	

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

Name _____

July
total minutes of
physical activity

Summer Activity ABCs

Make a list of summer physical activities that you enjoy!

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