

**Miles for Smiles!** Print out this calendar and record your monthly activity. The goal is to exercise for at least ½ hour 4 times a week. Each time you exercise, put a ☺ in the box, note the activity and have an adult initial the box. Don't forget to fill in your name, classroom teacher, month and date. Hand in at the end of the month.

Name: \_\_\_\_\_

Classroom Teacher: \_\_\_\_\_

Month: \_\_\_\_\_

Year: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday