



Personal Health Series  
**Safe and Healthy Summer**

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

Date: \_\_\_\_\_

## Summertime Fun Time Activity Calendar

Being active for *at least 1 hour every day* helps me stay healthy. So I promise to \_\_\_\_\_  
 [student's name]

and to myself that I am going to do my best to be active every day *during summer vacation!*

*Sincerely,*

\_\_\_\_\_  
 [family member's name]

Instructions: Put a sticker - or draw a checkmark, smiley face, star, beach ball, whatever you like - on each day you've been active for at least an hour!

Week 1							
Week 2							
Week 3							



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Week 4							
Week 5							
Week 6							
Week 7							
Week 8							