

# Summer 2007: The Summer To Stay In Shape!



*You are invited to use this fitness logo with your family this summer to keep track of all of your fitness activities!*

Week of:	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<b>Sample</b>	1 Mile Family Walk	1 Hour Bike Ride	Family Fun Swim	1 Mile Walk	Rest	All Day @ the Pool	1 Mile Family Walk
June 4th							
June 11th							
June 18th							
June 25th							
July 2nd							
July 9th							
July 16th							
July 23rd							
July 30th							
August 6th							

**Keep track of times or distance that you or your family walks, runs, swims, bikes, hikes or any other fitness activity. Healthy eating habits and choices!**