

Exercise is fun!



# BIG-SKY



Program of  
MONTANA'S  
**BIG SKY**  
STATE GAMES

# 60 mins. Equals 5 Miles!

## February



Total:

29
28
27
26
25
24
23
22
21
20
19
18
17
16
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1

## March

Total:

31
30
29
28
27
26
25
24
23
22
21
20
19
18
17
16
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1

## April

Total:

30
29
28
27
26
25
24
23
22
21
20
19
18
17
16
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1



Will you play catch with me?

Let's go outside and play!



Being active keeps my body strong!



How high can you jump?



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



Write in how many miles you earned everyday in the segments! Eat Right, Play Hard, Be Smart!