

Exercise is fun!



BIG-SKY



Program of
MONTANA'S
BIG SKY
STATE GAMES

60 mins. Equals 5 Miles!

February



Total:

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

Name: _____



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?



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