



CATCH Our Family Being Active & Healthy

Student Name

Classroom Teacher

Write an activity in a star for every 30 minutes of family fitness. Please return this to school when all 15 stars are filled in, to be entered into a drawing for a fun family prize on February 26th. You can enter as many sheets as you fill out.

Take a picture and email to Mrs. Herbert, or give to your teacher, or drop off in the turn-in box in front of the school. There will be more copies ready.

Ideas: do a workout, take a walk, play a tag game, shoot some hoops, go on a hike, collect pine cones or leaves, make a bird feeder, plant some bulbs, go on a bike ride, cut wood and have a camp fire, play catch, work in the yard, etc.

