



BAM! Activity Calendar:

Excited about doing new stuff? You can choose activities from the list that is attached. Just don't forget to add in the activities you're already doing (and yes, gym class, doing your chores, and cleaning your room count!).

Name: _____

Month: (Circle the Month) January, February, March, April, May, June, July, August, September, October, November, December

Week: _____ (Example May 1-7, 2012)

SUNDAY ACTIVITIES	MONDAY ACTIVITIES	TUESDAY ACTIVITIES	WEDNESDAY ACTIVITIES	THURSDAY ACTIVITIES	FRIDAY ACTIVITIES	SATURDAY ACTIVITIES

Equipment	Non-Equipment	Alone	With Friends	Indoors	Outdoors	Nature	Music	Water	Cold
Archery	Acrobatics	Acrobatics	Badminton	Acrobatics	Archery	Canoeing	Aerobics	Boogie Boarding	Curling
Badminton	Aerobics	Aerobics	Baseball	Aerobics	Badminton	Kayaking	Ballet	Canoeing	Figure Skating
Baseball	Ballet	Archery	Basketball	Ballet	Baseball	Fishing	Baton	Kayaking	Skating
Basketball	Calisthenics	Ballet	Bowling	Basketball	Basketball	Hiking	Twirling	Diving	Ice Hockey
Baton Twirling	Cheerleading	Baton Twirling	Catch	Bowling	Bicycling	Horseback	Cheerleading	Fishing	Ski Jumping
Bicycling	Dancing	Bicycling	Cheerleading	Calisthenics	Boogie	Riding	Clogging	Rowing	Sledding
Boogie	Diving	Boogie	Cricket	Clogging	Boarding	Logging	Dancing	Scuba Diving	Snow Skiing
Boarding	Drill Team	Boarding	Croquet	Dancing	Canoeing	Mountain	Drill Team	Skin Diving	Snowboarding
Bowling	Hiking	Calisthenics	Curling	Jai Alai	Kayaking	Biking	Gymnastics	Snorkeling	Tobogganing
Canoeing	Hopscotch	Clogging	Dodge Ball	Karate	Catch	Rock	Line Dance	Surfing	
Kayaking	Jogging	Dancing	Drill Team	Line Dance	Cricket	Climbing	Square	Swimming	
Catch	Judo	Discus	Fencing	Lunges	Croquet	Rowing	Dancing	Water Polo	
Clogging	Karate	Diving	Field Hockey	Martial Arts	Discus	Scuba	Step Team	Water Skiing	
Cricket	Line Dance	Figure Skating	Flag Football	Ping-pong	Dodge Ball	Diving			
Croquet	Lunges	Fishing	Football	Pull Ups	Field Hockey	Skin Diving			
Curling	Martial Arts	Golf	Four Square	Push Ups	Fishing	Snorkeling			
Discus	Push Ups	Gymnastics	Frisbee	Racquetball	Flag Football				
Dodge Ball	Sit Ups	Hackey Sack	Hackey Sack	Sit Ups	Football				
Fencing	Square	Horseback	Handball	Square	Frisbee				
Field Hockey	Dancing	Riding	Hiking	Dancing	Golf				
Figure Skating	Step Team	Hula Hooping	Ice Hockey	Step Team	Hiking				
Fishing	Stretching	Hurdling	Jai Alai	Stretching	Hopscotch				
Flag Football	Swimming	Inline Skating	Kickball	T'ai Chi	Horseback				
Football	T'ai Chi	Javelin	Kickboxing	Tae Bo	Riding				
Four Square	Tae Bo	Jogging	Lacrosse	Taekwondo	Hurdling				
Frisbee Golf	Taekwondo	Judo	Line Dance	Tumbling	Inline Skating				
Gymnastic	Tag	Jump Rope	Paddleball	Weightlifting	Javelin				
Hackey Sack	Tumbling	Karate	Ping-pong	Wrestling	Jogging				
Handball	Walking	Lunges	Racquetball	Yoga	Kickball				
Hopscotch	Wrestling	Martial Arts	Roller Hockey		Lacrosse				
Horseback	Yoga	Mountain	Rugby		Logging				
Riding		Biking	Scuba Diving		Mountain				
Hula Hooping		Pull Ups	Skin Diving		Biking				
Hurdling		Push Ups	Soccer		Rock Climbing				
Ice Hockey		Roller Skating	Softball		Rowing				
Inline Skating		Scooters	Square		Rugby				
Jai Alai		Shot Put	Dancing		Scooters				
Javelin		Sit Ups	Squash		Shot Put				
Jump Rope		Skateboarding	Step Team		Skateboarding				

Kickball Kickboxing Lacrosse Logging Mountain Biking Paddleball Ping-pong Pull Ups Racquetball Rock Climbing Roller Hockey Roller Skating Rowing Rugby Scooters Scuba Diving Shot Put Skateboarding Ski Jumping Skin Diving Sledding Snorkeling Snow Skiing Snowboarding Soccer Softball Squash Stickball Surfing Tennis Tetherball Tobogganing Track and Field Ultimate Frisbee Volleyball Water Polo Water Skiing Weightlifting		Ski Jumping Sledding Snow Skiing Snowboarding Stretching Surfing Swimming T'ai Chi Tae Bo Taekwondo Tobogganing Track and Field Tumbling Walking Weightlifting Yoga	Stickball Surfing Swimming Tag Tennis Tetherball Ultimate Frisbee Volleyball Water Polo Water Skiing Wrestling		Ski Jumping Sledding Snorkeling Snow Skiing Snowboarding Soccer Softball Squash Stickball Surfing Tag Tennis Tobogganing Track and Field Ultimate Frisbee Walking Water Skiing				
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