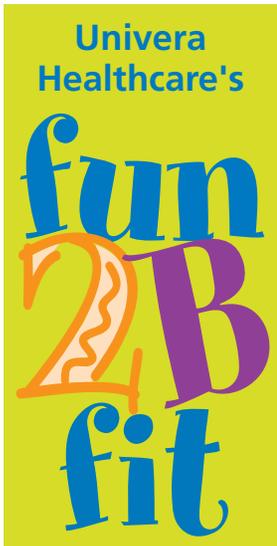


spring activity calendar

spring



sunday	monday	tuesday	wednesday	thursday	friday	saturday
	 <p>plant flowers or a vegetable garden</p>			<p>fly a kite</p>	 <p>camp overnight</p>	
<p>hiking</p>		<p>invent a game using your Fun 2B Fit stopwatch</p>	 <p>visit the Botanical Gardens</p>			<p>play horseshoes</p>
	<p>visit an art gallery or museum</p>	<p>bicycling</p>		<p>in-line skating</p>	<p>walk around Niagara Falls</p>	
<p>play badminton</p>			<p>play family baseball</p>			<p>play basketball</p>
<p>walking</p>		<p>visit the zoo</p>		<p>play at an outdoor playground</p>		

summer activity calendar

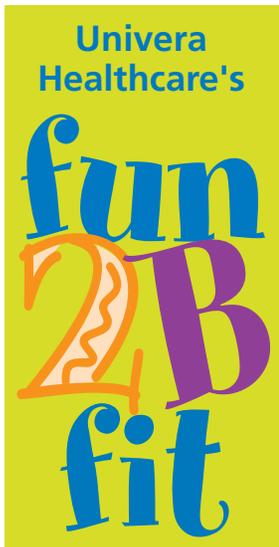
summer



sunday	monday	tuesday	wednesday	thursday	friday	saturday
	invent a game using your Fun 2B Fit stopwatch		play tennis at a public court			go to the beach
	bike ride on different paths – LaSalle Park, Erie Basin Marina	build an outdoor obstacle course		in-line skating or ride a scooter on bike path	walk your pet	
visit a fair or festival			play volleyball	find a new hiking trail		camping at a state park – Allegany, Letchworth
	have a picnic at a park	go to the playground			boating, kayaking or canoeing	
visit an amusement park – Fantasy Island, Darien Lake				fishing		
		go swimming				

fall activity calendar

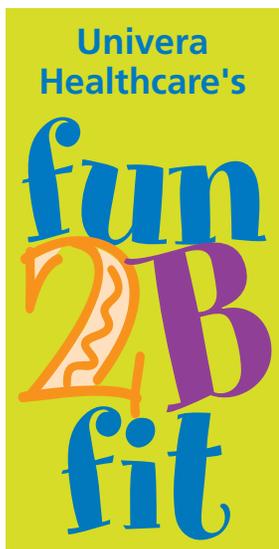
fall

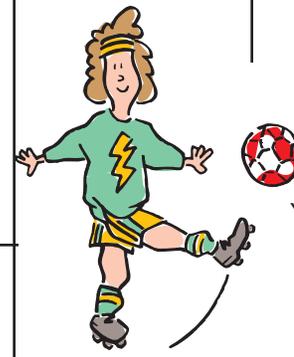


sunday	monday	tuesday	wednesday	thursday	friday	saturday
play a family game of outdoor hide and seek	 <p>visit the Buffalo Museum of Science</p>		play kickball	take a walk at different parks	 <p>collect leaves - find four different colored leaves</p>	bowling
Goat Island - walking, bike riding, in-line skating	 <p>go to an outdoor playground</p>			rake leaves and jump in them		camping at a state park – Allegany, Letchworth
	 <p>play tennis</p>		have a neighborhood softball game		go apple picking	visit a haunted house
look for a pumpkin on a farm		walk through a cornfield maze		coordinate a family football game		

winter activity calendar

winter



sunday	monday	tuesday	wednesday	thursday	friday	saturday
 <p>tobogganing or sledding</p>		<p>attend a sport night at your child's school</p>	<p>walk at a mall</p>	 <p>exercise along with a video</p>		<p>ice skating</p>
	<p>roller skating</p>		<p>go to a community center - ping pong, foosball, pool table, air hockey</p>		<p>walk with your family at night to look at holiday lights</p>	<p>skiing</p>
<p>bowling</p>	 <p>YMCA activities</p>			<p>invent a game using your Fun 2B Fit stopwatch</p>	 <p>shoveling</p>	
<p>indoor rock climbing</p>	<p>walk around the neighborhood</p>		<p>indoor water park</p>		<p>snow contest - build a snowman or igloo</p>	