

# NEW YORK STATE SENATOR JAMES SKOUFIS

## SUMMER READING AND EXERCISE CHALLENGE



"I pledge to read for at least 30 minutes and exercise for 15 minutes each day for at least 40 days during the months of July and August. I will mark the calendar below with a check mark (✓) each day that I read by myself or with my reading buddy."

### July 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          | 1      | 2        |
| 3      | 4      | 5       | 6         | 7        | 8      | 9        |
| 10     | 11     | 12      | 13        | 14       | 15     | 16       |
| 17     | 18     | 19      | 20        | 21       | 22     | 23       |
| 24     | 25     | 26      | 27        | 28       | 29     | 30       |
| 31     |        |         |           |          |        |          |



### August 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 1      | 2       | 3         | 4        | 5      | 6        |
| 7      | 8      | 9       | 10        | 11       | 12     | 13       |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 28     | 29     | 30      | 31        |          |        |          |



For a list of recommended children's books, visit: [www.summerreadingnys.org/kids/kids-booklists/](http://www.summerreadingnys.org/kids/kids-booklists/)

For additional reading ideas and preschool book activities, visit: [daybydayny.org](http://daybydayny.org)

In cooperation with



When you have marked at least 40 days on this calendar, you will be presented with an Excellence in Reading and Exercise Certificate at the Fall Recognition Ceremony.



**Senator James Skoufis**  
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Starting in July, kids and teens can get free, healthy summer meals at nearby sites.

Visit [SummerMealsNY.org](http://SummerMealsNY.org) to find locations near you.

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# SUMMER READING AND EXERCISE CHALLENGE



## New York State Senate Excellence in Reading and Exercise Certificate

### Information Form

Grade - Fall 2022

Child's Name

School

Parent/Guardian Name

Address 1

Address 2

Phone

Email

Number of days completed (Minimum of 40 days needed to receive your certificate)

Favorite book read this summer

Number of years of participation in the Summer Reading and Exercise Challenge

Once complete, just send the form above to my office and your certificate will be presented to you by Senator Skoufis at our Fall Recognition Ceremony. You will be notified of the event date. Those unable to attend will receive their certificate by mail.