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Directions: Complete each fitness challenge for each day of the month. When you are finished, pass it in to your Physical Education teacher.

November 2018

Note: if you miss a day, that's ok. Just make up that day on the next day. The idea is to do something active everyday!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Student Name: _____ Parent Signature: _____ Classroom Teacher: _____				1 Touch your elbows to knees 50 times while keeping your eyes closed. 	2 Rest Day	3 Keep your belly on the floor while you push up off the floor. Repeat 20 times. 
4 Pretend you are a rocket and countdown from 10 to 1 then jump as high as you can. Repeat 10 times. 	5 Do 50 lunges. 	6 Do 15 push-ups. 	7 Hold a plank position while counting to 100 by 5's 	8 Rest Day	9 Do 25 back leg kicks for each leg. 	10 Ask a family member or friend to read a short passage from a book to you while you hold onto one foot. 
11 Pretend you are getting pulled into a black hole by spinning around then jump out and land on two feet without falling. Repeat 10 times. 	12 Do 50 windmills touching one foot, then the other. 	13 Reach to both sides of your body while listening to one of your favorite songs. 	14 Rest Day	15 Stretch your calf muscles while you watch 3 commercials on T.V. 	16 Reach for one toe while counting to 25 backwards. Repeat with the other leg. Do that 3 times per leg. 	17 Do 50 Jumping Jacks with a family member or friend. 
18 Pretend you are walking on the moon. Go around your home and touch every doorknob. 	19 In a straddle position reach for one toe and count to 10. Repeat reaching for the other toe. Do that 3 times per leg. 	20 Rest Day	21 Hold one foot while balancing and counting to 20. Repeat holding the other foot. Do that 3 times per leg. 	22 Do jumping jacks every time a commercial comes on T.V. 	23 With both legs straight, see how far you can reach. Go slow! Breathe in and out each time you reach. 	24 Jog in place while you answer 10 math questions given to you by a family member or friend. 
25 Walk around your home like a robot. Visit every room in your home. For every door there is, do 10 jumping jacks. 	26 Rest Day	27 With legs crossed reach up and over your body as far as you can. Repeat reaching the other way. Repeat 3 times per side. 	28 Do squats while singing the school song. 	29 Make up your own fitness challenge and draw it on the back of this paper.	30 Pick One Of Your Favorite Days And Do It Again!!!	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Check off (✓) when you finish each day </div>