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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.

September 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: _____					Do a side plank for 30 seconds each arm. 1 	
Hold onto a chair and stand on your tippie toes for 1 minute. 2 	Hold onto your toes while balancing on your bottom for 30 seconds. 3 	Do 25 Squats. 4 	Hold the Superhero pose for 30 seconds. 5 	Do side legs lifts 30 times per leg. 6 	Rest Day 7 Challenge a family member or friend to a "plank without laughing" competition. 8 	
Do 50 high knees with a family member or friend. 9 	Do front legs kicks while singing the alphabet song 5 Times. 10 	See how many push-ups you can do in 30 seconds. 11 	Do side lunges 30 times per leg. 12 	Rest Day 13 Do high knees while singing the school song. 14 		Do 50 Jumping Jacks with a family member or friend. 15 
Do 25 front lunges per leg with a family member or friend. 16 	Do 25 back legs kicks per leg. 17 	Do the bicycle while counting to 100 by 2's. 18 	Rest Day 19 Hold the Bird Dog position for 30 seconds per side. 20 		Do 25 Wall Push-ups. 21 	Hold hands with a family member or friend and do 25 squats together. 22 
Challenge a family member or friend to a "V balance" competition. 23 	Jog in place while watching 3 commercials on T.V. 24 	Rest Day 25 Balance on one foot for 30 seconds each leg. 26 		Put your feet under the couch and do 20 curl-ups. 27 	Make up your own fitness challenge and draw it on the back of this paper. 28 	Do 15 push-ups with a family member or friend. 29 
Pick One Of Your Favorite Days And Do It Again!!! 30	Fun Fact: Dancing is a terrific and fun form of exercise that can improve cardiovascular fitness just like any other more formal type of exercise.					Check off (✓) when you finish each day