ABC’s of December

Monthly fitness calendars are optional for students but highly encouraged. This is a great way to get your whole family active together! Each time the student completes a day of exercises they initial that day. At the end of the month, parents or guardians sign the sheet confirming that they did the exercises they initialed.

Students will be entered in a drawing for prizes!

15-25 Days = 1 ticket 26-31 Days =2 tickets

1. 30 seconds high knees
2. 20 cross crawls
3. 15 calf raises
4. 30 seconds wall sit
5. 10 jumping jacks
6. 10 squat jumps
7. 20 lunges
8. 10 flutter kicks
9. 10 mountain climbers
10. 30 second plank
11. 20 pretend jump ropes
12. 10 frog jumps
13. 10 windshield wipers
14. 10 side leans (each side)
15. 15 squats
16. 1 minute plank!
17. 10 jumping jacks
18. 20 second Bicycles
19. 10 star jumps
20. 10 push ups
21. 15 wall sits
22. 10 sit-ups
23. 15 broad long jumps
24. 20 big arm circles (forward)
25. 20 big Arm circles (backward)
26. 10 good mornings

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_