October Fitness challenge

Complete this challenge, have your parents sign it and return to Miss. Eisinger by November 2nd!

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

September Fitness challenge

Monthly Activity Calendars are optional for students to complete but highly encouraged! This is a great opportunity to participate with your son/daughter and teach them the importance of health and fitness!

This month is the trick or treat…, Move your feet challenge. Each day of the week is a certain color. DO the workout for the color of the day it is! Color the picture or decorate the pumpkin with a face or a design to let me know that you have completed that day! At the end of the month have your parent or guardian sign this sheet to let me know they saw you participate!

|  |  |  |  |
| --- | --- | --- | --- |
| **White** | **Orange** | **Yellow** | **Black** |
| 25 Squat Jumps | 25 Frog Jumps | 25 Tuck Jumps | 30 Minutes  (walk / run/ or bike) |
| 20 Lunges (10 each leg) | 20 Squats | 20 Lateral Lunges |
| 10 Sit-Ups | 20 Plank Shoulder Taps | 20 Leg Lifts |

Don’t forget to return your calendar to Miss. Eisinger November 2nd.