September Fitness challenge

 Complete this challenge, have your parents sign it, and return to Miss. Eisinger by October 3rd!

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 2FREEBIE!( | 3 FREEBIE! | 40  + = | 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 | Write the number inside each of the blank dice or draw the dots!  Do not forget to add them together and complete your activity!  | https://cdn.pixabay.com/photo/2012/04/10/22/53/dice-26772_960_720.pnghttps://cdn.pixabay.com/photo/2012/04/10/22/53/dice-26772_960_720.pnghttps://cdn.pixabay.com/photo/2012/04/10/22/53/dice-26772_960_720.pnghttps://cdn.pixabay.com/photo/2012/04/10/22/53/dice-26772_960_720.pnghttps://cdn.pixabay.com/photo/2012/04/10/22/53/dice-26772_960_720.pnghttps://cdn.pixabay.com/photo/2012/04/10/22/53/dice-26772_960_720.png |

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’s calendar is called “Let it Roll Fitness”.” You will need a pair of dice and a pencil for each day. (Come see me if you need some!) Have your son or daughter roll both of the dice once and write the number shown in the first blank and the second number in the second spot. Add the numbers together and see what your fitness challenge is for the day. Some numbers are more difficult than others. May the odds be in your favor!

|  |
| --- |
| Total of Dice: |
| 2 | 2 Sets of (10) Push-Ups |
| 3 | 25 Sit-Ups and 25 Leg Lifts |
| 4 | 50 Squat Jumps and 50 Lunges |
| 5 | 30 Russian Twists (1 R+ 1L = 1) |
| 6 | 100 Jumping Jacks |
| 7 | 2 Sets of (1) Minute Wall-Sit |
| 8 | 1-Minute Plank |
| 9 | 30-Minute Walk |
| 10 | 2 Sets of (10) Push-Ups |
| 11 | 30-Minute Bike Ride  |
| 12 | 40 Windshield Wipers/L-Overs |

Example: 🡪 \_\_\_2\_\_\_\_ + \_\_\_6\_\_\_\_ = \_\_\_\_8\_\_\_\_\_

 Roll 1 + Roll 2 = Activity to Complete!

The student would complete a 1- minute plank to receive credit for the day!

Don’t forget to return your calendar to Miss. Eisinger By October 3rd. Complete the whole calendar to collect a prize!