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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.

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!!!

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hold onto a chair and stand on your tippie toes for 1 minute.</p>  <p>1</p>	<p>Lift one leg and balance without putting your other foot down for 30 seconds. Repeat with the other leg.</p>  <p>2</p>	<p>Jog in place for 30 seconds in every room of your home.</p>  <p>3</p>	<p>Do 25 back legs kicks per leg.</p>  <p>4</p>	<p>Hold the Superhero pose while you say the alphabet backwards. Repeat 3 times.</p>  <p>5</p>	<p>Rest Day</p> <p>6</p>	<p>Do bicycle legs with a family member or friend for 60 seconds.</p>  <p>7</p>
<p>Do 15 push-ups with a family member or friend.</p>  <p>8</p>	<p>Do a side plank for 30 seconds each arm.</p>  <p>9</p>	<p>Do side lunges 30 times per leg.</p>  <p>10</p>	<p>In the Superhero pose lift a book off the ground and read one entire page.</p>  <p>11</p>	<p>Rest Day</p> <p>12</p>	<p>Hold the Bird Dog position for 45 seconds per side.</p>  <p>13</p>	<p>Do 50 Jumping Jacks with a family member or friend.</p>  <p>14</p>
<p>Do 25 front lunges per leg with a family member or friend.</p>  <p>15</p>	<p>Put your feet under the couch and do 20 curl-ups.</p>  <p>16</p>	<p>Hold onto your toes while balancing on your bottom for 30 seconds.</p>  <p>17</p>	<p>Rest Day</p> <p>18</p>	<p>Do side legs lifts 30 times per leg.</p>  <p>19</p>	<p>Do high knees while singing the school song.</p>  <p>20</p>	<p>Hold hands with a family member or friend and do 25 squats together.</p>  <p>21</p>
<p>Challenge a family member or friend to a "balance on one foot with eyes closed without losing balance" contest.</p>  <p>22</p>	<p>Challenge a family member or friend to a "plank without laughing" competition.</p>  <p>23</p>	<p>Rest Day</p> <p>24</p>	<p>Do 30 Wall Push-ups.</p>  <p>25</p>	<p>See how many push-ups you can do in 30 seconds.</p>  <p>26</p>	<p>Put your toes under the couch and do 15 curl-ups.</p>  <p>27</p>	<p>Challenge a family member or friend to a "V balance" competition.</p>  <p>28</p>
<p>29</p> <p>Make up your own fitness challenge and draw it on the back of this paper.</p>	<p>30</p> <p>Rest Day</p>	<p>31</p> <p>Pick One Of Your Favorite Days And Do It Again!!!</p>	<p>Student Name: _____</p> <p>Classroom Teacher: _____</p>		<p>Parent Signature: _____</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Check off (✓) when you finish each day</p> </div>	