

May 2005 - Wellness Challenge

Name: _____

Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	4 Jump rope or pretend jump rope for 5 minutes	5 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	6 Roll up 2-3 socks and practice juggling. Or use plastic bags.	7 Go on a short hike with a parent.
8 Practice throwing and catching. Use a ball or rolled up socks.	9 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	10 Jump rope or pretend jump rope for 5 minutes	11 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	12 Tap a balloon to yourself or partner for 2 minutes.	13 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	14 Skip, jog or gallop around your block 5 times (with parents permission)
15 Go on a short hike with a parent.	16 Practice different balances and exercises when a commercial comes on TV.	17 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	18 Jump rope or pretend jump rope for 5 minutes	19 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	20 Hold a bath towel behind you and stretch it for 10 seconds. Do 3 sets.	21 Play Balloon Volleyball or Keep It Up with a partner or parent.
22 Skip, jog or gallop around your block 5 times (with parents permission)	23 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	24 Do shadow boxing for 3 minutes, then 3 stretches.	25 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	26 Jump rope or pretend jump rope for 5 minutes	27 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	28 Practice throwing and catching. Use a ball or rolled up socks.
29 While watching TV, practice pisk-ups, attempting to clap your hands on the pisk-up.	30 Jump rope or pretend jump rope for 5 minutes	31 25-35 curl-ups 20-30 push ups 3-5 different stretches (legs & arms)	May is Physical Fitness and Sport Month. <i>"Healthy, physically active kids learn better!"</i>			

In Celebration of this month, we would like everyone to take a physical fitness pledge for this month, as well as, for life. "I hereby pledge to stay or become physically active for the month of May to start.

That means exercising 3-4 times per week for at least 20 minutes."

I certify that my son/daughter, _____, completed the Wellness Challenge.

Student Signature: _____ Parent/Guardian Signature: _____

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1 CHOICE #2	2	3 Activity: _____	4 Activity: _____	5 Activity: _____	6 Activity: _____	7 Activity: _____
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