

October 2006 - Wellness Challenge

Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CHOICE #1	2	3 Jump rope or pretend jump rope for 5-10 minutes.	4 Do shadow boxing for 3-5 minutes, then 3 different stretches.	5 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	6 Practice throwing and catching. Use a ball or rolled up socks.	7 Go on a short hike or a walk around the block w/ a parent.
8 Go on a short hike or a walk around the block 2-5 times w/ a parent.	9 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	10 Tap a balloon to yourself or partner for 2-5 minutes.	11 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	12 Practice throwing and catching. Use a ball or rolled up socks.	13 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	14 Play Balloon Volleyball or Keep It Up with a partner
15 Practice different balances and exercises when a commercial comes on TV.	16 While watching TV, practice push-ups. Try to clap on each push-up.	17 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	18 Jump rope or pretend jump rope for 5-10 minutes.	19 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	20 Jump rope or pretend jump rope for 5-10 minutes.	21 Skip, jog, or gallop around your block 2-5 times w/ a parent.
22 Take a 30 minute walk with your	23 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	24 Practice throwing and catching. Use a ball or rolled up socks.	25 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	26 Jump rope or pretend jump rope for 5-10 minutes.	27 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	28 Roll up a sock and practice kicking it between 2 objects (shoes, cans, etc.)
29 Who in your family can do the most jumping jacks in 60 seconds (1 minute)?	30 Jump rope or pretend jump rope for 5-10 minutes.	31 15-35 curl-ups 10-30 push-ups 3 different stretches (legs & arms)	** Exercise and physical fitness is important for the well being of every child. **			

**In an effort to “Get Active! Stay Active!”,
we’re asking that students and their families commit to exercising on a regular basis.
That means exercising 4-7 times per week for at least 20-30 minutes.”**

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

Student Signature: _____ Parent/Guardian Signature: _____

October 2006 - Wellness Challenge

Name: _____ Teacher: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHOICE #2		3 Activity/ Sport: _____	4 Activity/ Sport: _____	5 Activity/ Sport: _____	6 Activity/ Sport: _____	7 Activity/ Sport: _____
8 Activity/ Sport: _____	9 Activity/ Sport: _____	10 Activity/ Sport: _____	11 Activity/ Sport: _____	12 Activity/ Sport: _____	13 Activity/ Sport: _____	14 Activity/ Sport: _____
15 Activity/ Sport: _____	16 Activity/ Sport: _____	17 Activity/ Sport: _____	18 Activity/ Sport: _____	19 Activity/ Sport: _____	20 Activity/ Sport: _____	21 Activity/ Sport: _____
22 Activity/ Sport: _____	23 Activity/ Sport: _____	24 Activity/ Sport: _____	25 Activity/ Sport: _____	26 Activity/ Sport: _____	27 Activity/ Sport: _____	28 Activity/ Sport: _____
29 Activity/ Sport: _____	30 Activity/ Sport: _____	31 Activity/ Sport: _____	** Exercise and physical fitness is important for the well being of every child. **			

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