December 2006 - Wellness Challenge

Name: **Teacher**: Thu Fri Sun Mon Tue Wed Sat ****** *Practice Preventive* "Get Fit! Stay Fit!" **CHOICE #1** Medicine - Exercise!" We're asking that students and their families commit to exercising 7 Q 8 Practice throwing 15-35 curl-ups on a regular basis. That means exercising 4-7 times per week for Play Balloon Volley-10-30 push-ups and catching. Use a ball or Keep It Up at least 20-30 minutes." 3 different stretches ball or rolled up with a partner or (legs & arms) socks. parent. Go on a short hike or 15 Jump rope or pre-16 14 15-35 curl-ups 15-35 curl-ups a walk around the Tap a balloon to Do shadow boxing Skip, jog, or gallop tend jump rope 10-30 push-ups 10-30 push-ups around your block block 2-5 times w/ a for 3-5 minutes, yourself or partner for 5-10 minutes. 3 different stretches 3 different stretches 2-5 times w/ a then 3 different parent. for 2-5 minutes. (legs & arms) (legs & arms) stretches. parent. 17 21 ²³ Roll up a sock and 20 22 18 ¹⁹ Jump rope or pre-15-35 curl-ups 15-35 curl-ups 15-35 curl-ups Take a 30 minute While watching TV, 10-30 push-ups 10-30 push-ups 10-30 push-ups practice kicking it tend jump rope practice push-ups. 3 different stretches walk with your 3 different stretches 3 different stretches between 2 objects for 5-10 minutes. Try to clap on each (legs & arms) (legs & arms) (legs & arms) family. (shoes, cans, etc.) push-up. 30 24 25 26 28 29 27 15-35 curl-ups Practice throw-Jump rope or pre-Practice different 15-35 curl-ups Tap a balloon to Jump rope or pre-10-30 push-ups ing and catching. 10-30 push-ups balances and exercises tend jump rope yourself or partner tend jump rope 3 different stretches Use a ball or rolled 3 different stretches when a commercial for 5-10 minutes. for 2-5 minutes. for 5-10 minutes. (legs & arms) up socks. (legs & arms) comes on TV. ³¹ Roll up a sock and 3 5 January 1 4 ⁶Go on a short hike Tap a balloon to 15-35 curl-ups 15-35 curl-ups Practice different bal 15-35 curl-ups or a walk around 10-30 push-ups practice kicking it ances and exercises vourself or partner 10-30 push-ups 10-30 push-ups 3 different stretches the block w/ a between 2 objects when a commercial for 2-5 minutes. 3 different stretches 3 different stretches (legs & arms) comes on TV. (shoes, cans, etc.) (legs & arms) parent. (legs & arms) 7 8 10 12 13 11 Jump rope or Who in your family 15-35 curl-ups Skip, jog, or gallop 15-35 curl-ups 15-35 curl-ups Who in your family pretend jump can do the most 10-30 push-ups around your block 10-30 push-ups 10-30 push-ups can do the most rope for 5-10 jumping jacks in 60 3 different stretches 3 different stretches 3 different stretches 2-5 times w/ a jumping jacks in 60 seconds (1 minute)? (legs & arms) minutes. (legs & arms) (legs & arms) seconds (1 minute)? parent.

Student Signature:

Parent/Guardian Signature:

December 2006 - Wellness Challenge

Name: **Teacher**: Fri Sun Mon Tue Wed Thu Sat ****** *Practice Preventive* "Get Fit! Stay Fit!" **CHOICE #2** Medicine - Exercise!" We're asking that students and their families commit to exercising 7 8 Activity/ Activity/ Activity/ on a regular basis. That means exercising 4-7 times per week for Sport: Sport: Sport: at least 20-30 minutes." ¹⁵ Activity/ 16 ¹³ Activity/ ¹⁰ Activity/ 11 Activity/ ¹⁴ Activity/ Activity/ Activity/ Sport: Sport: Sport: Sport: Sport: Sport: Sport: 17 Activity/ 18 Activity/ 19 20 Activity/ 21 Activity/ 23 Activity/ ²² Activity/ Activity/ Sport: Sport: Sport: Sport: Sport: Sport: Sport: 27 Activity/ 24 Activity/ 25 Activity/ ²⁶ Activity/ 28 Activity/ ²⁹ Activity/ ³⁰ Activity/ Sport: Sport: Sport: Sport: Sport: Sport: Sport: ³¹Activity/ January 1 ⁴ Activity/ Activity/ 6 Activity/ Activity/ Activity/ Activity/ **Sport:** Sport: **Sport:** Sport: Sport: Sport: **Sport:** ¹⁰ Activity/ 11 12 13 8 Activity/ Activity/ Activity/ **Sport:** Sport: Sport: Activity/ Activity/ **Sport:** Activity/ **Sport: Sport:** Sport:

Student Signature:

Parent/Guardian Signature: