

# March 2007 - Wellness Challenge



Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

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



In an effort to "Get Fit! Stay Fit!", 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: \_\_\_\_\_

# March 2007 - Wellness Challenge



Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<sup>4</sup> <b>CHOICE #2</b> <b>**Commit to be Fit!**</b>		<sup>6</sup> Activity/ Sport: _____	<sup>7</sup> Activity/ Sport: _____	<sup>8</sup> Activity/ Sport: _____	<sup>9</sup> Activity/ Sport: _____	<sup>10</sup> Activity/ Sport: _____
<sup>11</sup> Activity/ Sport: _____	<sup>12</sup> Activity/ Sport: _____	<sup>13</sup> Activity/ Sport: _____	<sup>14</sup> Activity/ Sport: _____	<sup>15</sup> Activity/ Sport: _____	<sup>16</sup> Activity/ Sport: _____	<sup>17</sup> Activity/ Sport: _____
<sup>18</sup> Activity/ Sport: _____	<sup>19</sup> Activity/ Sport: _____	<sup>20</sup> Activity/ Sport: _____	<sup>21</sup> Activity/ Sport: _____	<sup>22</sup> Activity/ Sport: _____	<sup>23</sup> Activity/ Sport: _____	<sup>24</sup> Activity/ Sport: _____
<sup>25</sup> Activity/ Sport: _____	<sup>26</sup> Activity/ Sport: _____	<sup>27</sup> Activity/ Sport: _____	<sup>28</sup> Activity/ Sport: _____	<sup>29</sup> Activity/ Sport: _____	<sup>30</sup> Activity/ Sport: _____	<sup>31</sup> Activity/ Sport: _____
<sup>1</sup> Activity/ Sport: _____	<sup>2</sup> Activity/ Sport: _____	<sup>3</sup> Activity/ Sport: _____	<sup>4</sup> Activity/ Sport: _____	<sup>5</sup> Activity/ Sport: _____	<sup>6</sup> Activity/ Sport: _____	<sup>7</sup> Activity/ Sport: _____



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