

September's **BACK to SCHOOL** Challenge

Complete **September's Back to School Challenge** throughout the month of September. Using the calendar below, write your initials for each day you complete the **AMRAP**. At the end of the month, add up the total number of days completed, have your parents sign the bottom of the sheet, and return it to Ms. Starks. Students completing at least **10 days** will receive a toe token and be listed as a **Fitness Eagle**. **BONUS** – Record run/walk distance on days completed (1+ miles total) for another toe token!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Rest	7	8
9	10	11	12 Rest	13	14	15
16	17	18 Rest	19	20	21	22
23	24 Rest	25	26	27	28	29
Rest 30						

Student(s): _____ Total Days Completed: _____

Parent Signature: _____ Grade: _____ Running/Walking Miles _____

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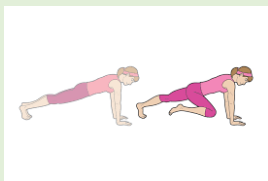
As Many Rounds As Possible (AMRAP)

AMRAP is an acronym for "as many rounds as possible," meaning you do a circuit of exercises as many times as possible within a specific period of time.

10
Jumping Jacks



20
Mountain Climbers



Choose the level that challenges you!

Level 1

How many times can you complete all four exercises in 4 minutes?

Set your timer and GO!

Level 2

How many times can you complete all four exercises in 6 minutes?

Set your timer and GO!

10
Squats



5
Burpees

