

Please Save! Turn in at the end of November



FITNESS CHALLENGE

November 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|--|---------------------------------------|--|---------------------------------------|--|
| | | | | 1 5 Side Lunges 5 Tricep Dips | 2 8 Leg Raises 5 Sumo Squats | 3 Jumping Jacks & Pushup hold (30 seconds) |
| 4 7 Side Lunges 7 Tricep Dips | 5 10 Leg Raises 8 Sumo Squats | 6 7 Side Lunges 7 Tricep Dips | 7 10 Leg Raises 8 Sumo Squats | 8 7 Side Lunges 7 Tricep Dips | 9 10 Leg Raises 8 Sumo Squats | 10 Jumping Jacks & Pushup Hold (45 seconds) |
| 11 10 Side Lunges 10 Tricep Dips | 12 15 Leg Raises 10 Sumo Squats | 13 10 Side Lunges 10 Tricep Dips | 14 15 Leg Raises 10 Sumo Squats | 15 10 Side Lunges 10 Tricep Dips | 16 15 Leg Raises 10 Sumo Squats | 17 Jumping Jacks (1 minute) |
| 18 FAMILY FITNESS WEEK | 19 FAMILY FITNESS WEEK | 20 FAMILY FITNESS WEEK | 21 FAMILY FITNESS WEEK | 22 FAMILY FITNESS WEEK | 23 FAMILY FITNESS WEEK | 24 FAMILY FITNESS WEEK |
| 25 12 Side Lunges 12 Tricep Dips | 26 20 Leg Raises 12 Sumo Squats | 27 12 Side Lunges 12 Tricep Dips | 28 20 Leg Raises 12 Sumo Squats | 29 15 Side Lunges 15 Tricep Dips | 30 20 Leg Raises 15 Sumo Squats | |

November Fitness Challenge Calendar – Become a Fitness Eagle by completing 15 days of activities! Initial each day completed and circle the family activities completed on the reverse of this calendar. Turn in completed calendars to Ms. Starks at the end of the month!

Names of participants _____

Family Miles running/walking for our FUTP60 Road to Super Bowl Challenge _____

Family Fitness Week

Visit www.healthiergeneration.org for ideas on how to inspire a healthy, active lifestyle.



1. Visit your local school track and go for a run
2. Ride your bikes around the block or on a trail
3. Put together a Fitness Scavenger Hunt (print fitness activities and tape them to the items – find a red ball and volley it 5 times, then find the next item)
4. Work in the yard for fall clean-up as a family
5. Learn a new dance from a different era, like the Electric Slide or create a fun coordinated dance together as a family
6. Go swimming in a pool.
7. Visit a Fitness Center and try a few of the classes they offer (Zumba, Jazzercise)
8. Go hiking on a local trail or nature center
9. Write a list of your favorite fitness activities on index cards and place them in a box. Each family member picks a card from the box each day, and everyone does the activities together (play frisbee, go for a walk, etc.)
10. Fly a kite
11. Run in a race together – find a charity event or walk for a cause
12. Play a game of Clean the House and make it a race (set a timer and see who can clean their room the quickest)
13. Play sports/games outside (badminton, baseball, soccer, flag football, Tag, Hopscotch, or Four Square)
14. Go bowling
15. Go indoor rock climbing
16. Visit a trampoline park
17. Visit a zoo or museum and wear pedometers to track your steps
18. Create an obstacle course with simple items, like hula hoops and swing sets
19. Create your own activity and share here _____