

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December ¹		REST DAY	2 1 Minute Fitness Challenge	3 FORWARD TRAVEL Walk like a CRAB for 30 seconds	4 Create a Workout <small>*see back for more information</small>	5 Parent Challenge - Challenge your parent to see who can hold a plank the longest.
6 REST DAY 	7 LAP DAY Create a Lap and time yourself <small>*see back for more information</small>	8 Sports Day Use a racket and bounce a ball against a wall or to yourself for 5 minutes	9 1 Minute Fitness Challenge	10 FORWARD TRAVEL Walk like a BEAR for 30 seconds	11 Create a Workout	12 Parent Challenge - Challenge your parent to see who can balance on one leg the longest.
13 REST DAY	14 LAP DAY Add a lap and record time	15 Sports Day Pass a volleyball/balloon to yourself for 5 minutes 	16 1 Minute Fitness Challenge	17 FORWARD TRAVEL Walk like an INCH WORM for 30 seconds 	18 Create a Workout	19 Parent Challenge - Challenge your parent to go on a run/walk with you.
20 REST DAY	21 LAP DAY Add a lap and record time 	22 Sports Day Dribble a Basketball/Soccer Ball for 5 minutes	23 1 Minute Fitness Challenge	24 FORWARD TRAVEL Take 30 Seconds and prepare your heart for Jesus 	25 Merry Christmas!	26 Parent Challenge - Challenge your parent to complete one of your workouts you created.
27 REST DAY	28 LAP DAY Add a lap and record time	29 Sports Day Play catch for 5 minutes	30 1 Minute Fitness Challenge 	31 Forward Travel Complete 5 Forward Rolls		

Name _____ Grade _____

Parent Signature _____

Name _____ Grade _____

Parent Signature _____