

Complete each daily Fitness Challenge with parent/guardian permission and then check off DONE when completed!

DONE	DAY	FITNESS CHALLENGE OF THE DAY
	MARCH 18	K: Count to 20 while doing Jumping Jacks 1 st -3 rd : Count by 10's as far as you can while doing Jumping Jacks 4 th -5 th : Count by 5's as far as you can while doing Jumping Jacks
	MARCH 19	Complete 1 push up every hour of the day you are awake! How many did you do?! _____
	MARCH 20	Morning stretch, after breakfast find two ways to stretch your legs and hold them for 20 seconds each.
	MARCH 21	It's March 21 st ! Let's complete 21 squats today!!
	MARCH 22	Hold a wall sit and spell out as many words as you can until your legs get tired!
	MARCH 23	Dance party! Play your favorite song and dance around the house!
	MARCH 24	Kids should be active for 60 minutes a day! Do 60 Jumping Jacks!
	MARCH 25	Crab walk around the house while counting to: K & 1: 100 2 & 3: 200 4 & 5: 300
	MARCH 26	Weather permitting let's exercise outside today! Or Fast feet (run in place) for 30 seconds before each meal!
	MARCH 27	Stretch your arms with two different stretches each hold for 20 seconds
	MARCH 28	Work on that balance and Hop on one foot in place 20 times, then switch and hop on the other foot 20 times.
	MARCH 29	Pretend Jump Roping! Count how many times you can swing that pretend rope and jump as fast as you can! Write your number here _____
	MARCH 30	Eat something from ALL 5 food groups today! (Protein, Grain, Fruit, Veggies, Dairy/ Dairy Alternative)
	MARCH 31	LAST DAY OF MARCH! Let's hold a PLANK for 31 seconds! Or can you go longer?! Write your time here _____
	APRIL 1	Take the day off . APRIL FOOLS complete as many pushups as you can! Write your number here _____
	APRIL 2	K: Count to 20 while doing Squats

		1 st -3 rd : Count by 10's as far as you can while doing Squats 4 th -5 th : Count by 5's as far as you can while doing Squats
	APRIL 3	Let's stop every hour we are awake and get in 5 curl ups! How many curl ups did you do? _____
	APRIL 4	Skip in place 25 times
	APRIL 5	After breakfast let's move: 5 Jumping Jacks, 5 Squats, 5 Push Ups, 5 Curl Ups, Stretch Legs 20 seconds each, Stretch Arms 20 seconds each
	APRIL 6	YOU pick one of your favorite activities above and complete, can't wait to see all of you tomorrow! 😊