**YES PE Mountaineer Fit Challenge**

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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  |  |
| Example: Eat a healthy snack and stretch your legs |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Example: 10 Basketball squats jumps, |  | . |  |  |  |  |
|  |  |  |  |  |  |  |
| Planks-3 sets of 30 seconds, 10 Power Knees, |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Example: Basketball practice, Softball practice, |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Example: Gymnastics practice, Swimming, Biking |  |  |  |  |  |  |

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class/Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_