

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 25 Sit Ups	2 5 Push Ups	3 Catch a ball 15 times.	4 Dance to your favorite song!	5 Eat a green vegetable.
6 Family Exercise.	7 20 Jumping Jacks	8 10 Mountain Climbers	9 10 squats	10 Jog around/in place for 3 min.	11 Student 10 Sit ups Parent 7 Sit ups	12 Eat a fruit!
13 10 Burpees	14 Sit and Reach Stretch	15 15 calf raises	16 Wall Sit for 2 min.	17 15 Tuck Jumps	18 Do something nice for someone without being asked!	19 Play a game with a friend.
20 Forearm plank for 2 min.	21 Student 7 Push ups Parent 4 Push ups	22 3 sets of Lunges down the hall way.	23 25 Sit Ups	24 20 Crab Kicks	25 Jump Rope / Jog for 3 min.	26 Tell someone who does nice things for you, you love them.
27 Your favorite from the month.	28 Your favorite from the month.	29 Turn in Day!	30 Turn in Day!	31 Drawing!		

NAME: _____ **Parent Signature:** _____ **Teacher:** _____