

November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OFF	2 OFF	3 15 Jumping Jacks	4 3 Sets of Lunges down the hall way.	5 Wall Sit for 2 min. total.	6 5 Burpees	7 Eat a Vegetable
8 Family Exercise	9 10 Mt. Climbers	10 10 Squats	11 2 Min Forearm Plank	12 15 Calf Raises	13 Push Ups Student - 10 Adult - 5	14 Do a chore without being asked.
15 Dance to two songs.	16 Eat a Fruit	17 20 Crab Kicks	18 Frankenstein's 3 sets down the hall	19 Jump Rope 25	20 Sit Ups Student - 25 Adult - 10	21 15 Tuck Jumps
22 Play with a sibling or friend.	23 Favorite from the Month!	24 Favorite from the Month!	25 Turn In!	26 Turn In!	27 Drawing!	28 OFF
29 OFF	30 OFF					

Name: _____ Parent Signature: _____ . Teacher: _____