

Letter Fitness

Stay Active & Healthy

Spell each word daily according to your grade level - use the Exercise Letter Chart to find each specific exercise within the Alphabet. If you want to challenge yourself spell your name each day ☺

	Week 1					Week 2					Week 3				
	Letter Fitness Task					Letter Fitness Task					Letter Fitness Task				
	Mon.	Tue.	Wed.	Thurs.	Fri.	Mon.	Tue.	Wed.	Thurs.	Fri.	Mon.	Tue.	Wed.	Thurs.	Fri.
Pre-K	FUN TWO	CAT ONE	DIG FOUR	ARE DOG	CAN THREE	RAN FIVE	MAN SIX	WIN NINE	SUN FAN	HER HIM	BYE COW	BAT HOW	US WILL	BEE PIG	DIVE BIG
First Grade	SAT TOE	DIRT TO	THAT THIS	FOR DID	DONE TOO	TIN WHEN	HAT READ	THEN END	ALL WHERE	VAN PIN	FEAR TEACH	SOME WOULD	MAKE MIND	SOME PULL	WIN LOSE
Second Grade	AFTER AGAIN	FRIEND NICE	SURE WITH	WENT THANK	SCHOOL SMALL	OUR BEFORE	BODY HEAR	OFF WERE	TALK HOUSE	OFTEN THEM	PRETTY INTO	PHONE BROTHER	HEARD OUTSIDE	WORLD FOOD	CITY WRITE
Third Grade	ARMY CHERRY	BENT CAVE	DINNER ELBOW	FLOWER CUT	DRAW FIT	FAULT GLOVE	AWAKE BUTTER	LOUD BEEF	CLEAN HOME	GIFT DRINK	DWELL EIGHT	PAPER EXIT	ENTER CRAZY	POP LEAN	NEW OLD
Fourth Grade	KNIGHT MAIL	LOYAL KITCHEN	JACKET LIBRARY	MEDAL PLANET	QUIT PUBLIC	RETURN SELF	TOOL SOFT	ZERO WORSE	WORRY DECIDE	EARLY COIN	COMB BLOOD	ALARM BOUNCE	FAMOUS EVEN	ENGINE FRUIT	GATHER SOCIAL
Fifth Grade	BRUISE CAUGHT WEIGH	AGREE FACTORY USUAL	ISLAND KNOW TYPE	IMAGINE HORSE WEIRD	JUNGLE TEETH TRAFFIC	PAINT OBJECT SING	NOUN OBSERVE TRAIL	RADIO PUZZLE RARE	SHOWER WARN PROCESS	TOWARD VALUE SALAD	WATER SKATING BUNT	INCLUDE HUMAN DESK	EXPECT POUR NEXT	ELECTION ENERGY ROCK	COLLAR CLIMATE ACTION
Sixth Grade	FITNESS PLEASE NIGHT	CARDIO SCHOOL GYM	STRETCH NATURE WORK	EFFORT EXERCISE TROUBLE	JUMP THEORY SPEAK	LINGER STOMACH MINUTE	PERFORM SENSE EXAM	REPORT BASIS HULA	TWIN MILES EXPERT	FRACTION MAJOR POETRY	PROGRESS SUBTLE SPRING	VOLLEYBALL SOCCER GOLF	FISHING RADIO SOAP	CHORUS PASTA SKIING	IGNORE SCIENCE ENGLISH

Letter Fitness

A = 10 Squats



N = 25 Jumping Jacks



B = 15 Front Arm Circles



O = 12 Single Leg Hops



C = 5 Push-Ups



P = 20 Sit-Ups



D = 10 Sit-Ups



Q = 2min. Plank



E = 30sec. Wall Sit



R = 4 Star Jumps



F = 5 Squats



S = 10 Push-Ups



G = 25 Jumping Jacks



T = 30sec. Plank



H = 8 Front Lunges



U = 18 Sit-Ups



I = 15 Side to Side Hops



V = 1min. Wall Sit



J = 20 Mountain Climbers



W = 15 Squats



K = 7 Backwards Arm Circles



X = 10 Star Jumps



L = 15 High Knees



Y = 15 Squats



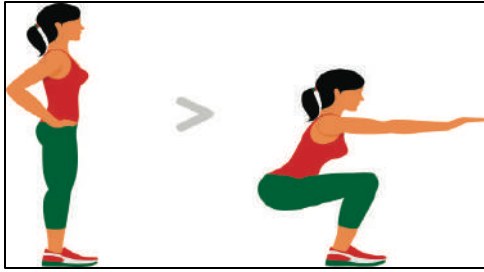
M = 8 Push-Ups



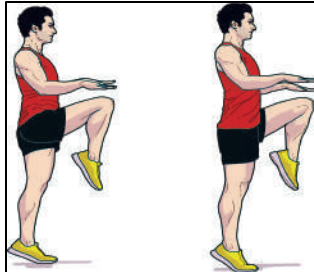
Z = 1min. Wall Sit



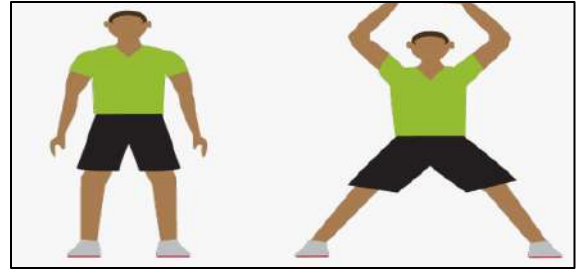
Exercise Guide



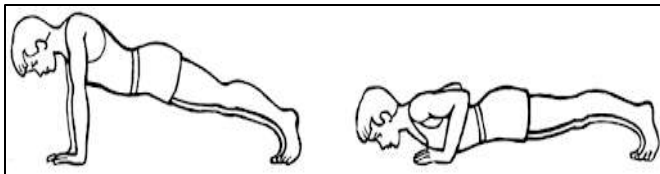
Squats



High Knees



Jumping Jacks



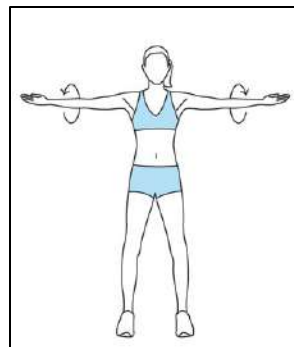
Push-Ups



Plank



Wall Sits



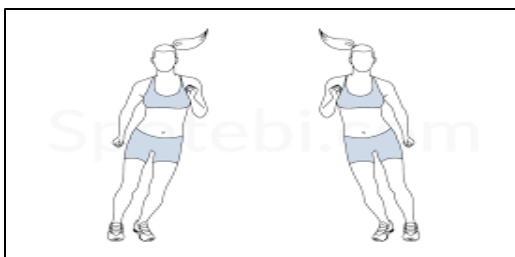
Arm Circles



Star Jumps



Single Leg Hops



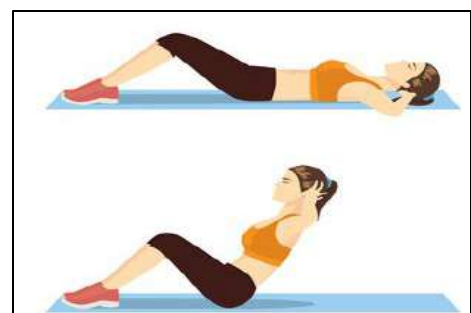
Side-to-Side Hops



Mountain Climbers



Front Lunges



Sit-Ups