



December's Fitness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Choose Your Level: Level 1 = 1 round Level 2 = 2 rounds Level 3 = 3 rounds *(Initial each box for each round you complete on that day)*

15-19 days = **Certificate** 20-24 days = **Certificate & Toe Token** 25+ days = **Certificate, Toe Token, & DREAD STRONG wristband**

Total Days Completed: _____ Parent Verification Signature: _____

Name _____

Homeroom Teacher _____



Striped & Sweet, Move Your Feet

“The Candy Cane Workout”



White

Red

Green

25 Hand Plank Jacks
40 sec 90° Wall Sit
10 Hand Release Burpees

25 Butterfly Sit-ups
20 Squats to a Target
20 Plank Shoulder Taps

25 Tuck Jumps
20 Hand Release Push ups
30 sec Low Plank

Each day of the week, on the calendar, is highlighted wither red, white, or green. For example, December 1st is highlighted green. Therefore, on that day, you will complete the **Green** workout posted above. Using the calendar on the back, **write your initials** on each day that you complete the workout. (*One set of initials for doing the workout 1 time through, 2 sets of initials for doing the workout 2 times through, etc.*) At the end of the month, add up the total number of days that you completed, have a parent/guardian sign for verification below the calendar, and return to your Lifetime Fitness teacher the day we return from Winter Break.

** Encourage family members to do this with you throughout the month. ☺