

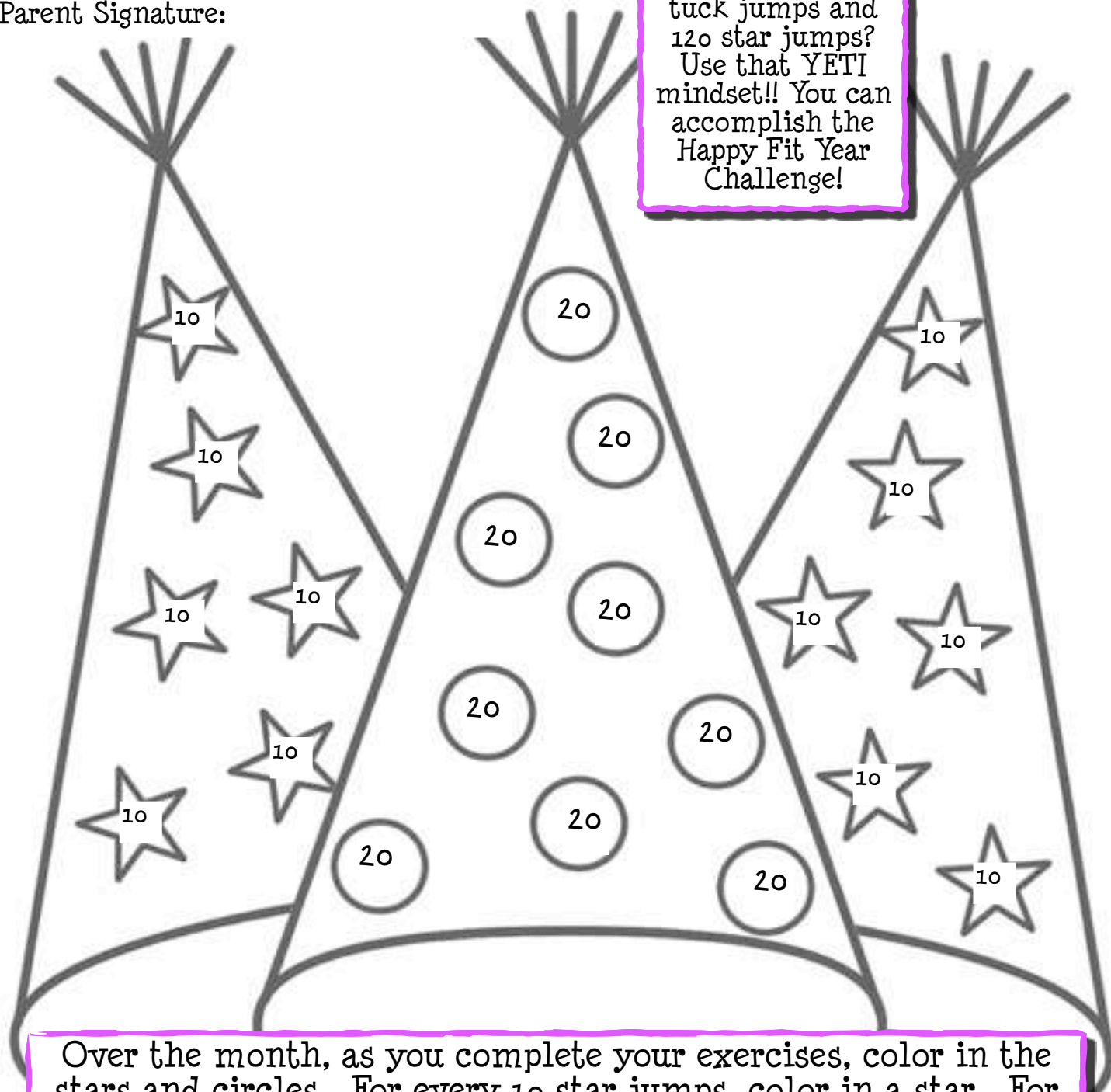
HAPPY FIT YEAR

challenge

Name:

Parent Signature:

Can you do 180
tuck jumps and
120 star jumps?
Use that YETI
mindset!! You can
accomplish the
Happy Fit Year
Challenge!



Over the month, as you complete your exercises, color in the stars and circles. For every 10 star jumps, color in a star. For every 20 tuck jumps, color in a circle. When you are finished, bring in your "Happy Fit Year" page for a prize. Don't forget to have your parent sign it!