



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 				<b>1</b> Card 1: Card 2: Card 3:	<b>2</b> Card 1: Card 2: Card 3:	<b>3</b> Card 1: Card 2: Card 3:
<b>4</b> Card 1: Card 2: Card 3:	<b>5</b> Card 1: Card 2: Card 3:	<b>6</b> Card 1: Card 2: Card 3:	<b>7</b> Card 1: Card 2: Card 3:	<b>8</b> Card 1: Card 2: Card 3:	<b>9</b> Card 1: Card 2: Card 3:	<b>10</b> Card 1: Card 2: Card 3:
<b>11</b> Card 1: Card 2: Card 3:	<b>12</b> Card 1: Card 2: Card 3:	<b>13</b> Card 1: Card 2: Card 3:	<b>14</b> Card 1: Card 2: Card 3:	<b>15</b> Card 1: Card 2: Card 3:	<b>16</b> Card 1: Card 2: Card 3:	<b>17</b> Card 1: Card 2: Card 3:
<b>18</b> Card 1: Card 2: Card 3:	<b>19</b> Card 1: Card 2: Card 3:	<b>20</b> Card 1: Card 2: Card 3:	<b>21</b> Card 1: Card 2: Card 3:	<b>22</b> Card 1: Card 2: Card 3:	<b>23</b> Card 1: Card 2: Card 3:	<b>24</b> Card 1: Card 2: Card 3:
<b>25</b> Card 1: Card 2: Card 3:	<b>26</b> Card 1: Card 2: Card 3:	<b>27</b> Card 1: Card 2: Card 3:	<b>28</b> Card 1: Card 2: Card 3:	<b>29</b> Card 1: Card 2: Card 3:	<b>30</b> Card 1: Card 2: Card 3:	<b>31</b> Card 1: Card 2: Card 3:

*13-19 days = Bronze Certificate*

*20-24 days = Silver Certificate*

*25-31 days = Gold Certificate*

Student: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Total Days Completed: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Shamrock Fitness Challenge

- Each day, draw a card from the deck. Perform the exercise that is represented by the suit and the number on the card. How many cards can you do each day?
- Don't forget to record your cards!!



- You will need a deck of cards.
- Jack = 10
- Queen = 11
- King = 12
- Ace = 13



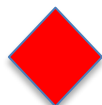
Lunges



\*\*each leg\*\*



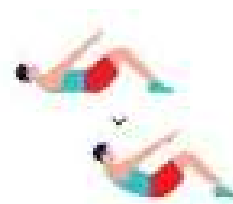
Push Ups



Squats



Curls Ups



**Parents are encouraged to help and even participate in the workouts.** Your child may need a little guidance. We encourage parents to assist with form and necessary adaptations based on fitness level. Finally, students get so excited when parents and siblings participate in the challenge with them. What better way to lead by example and promote lifelong fitness!