


Mrs. Cody's Fitness Challenge

- Print out this calendar
- After you complete the challenge put an X
- Hand in calendar to Mrs. Cody when we return to school.



March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 	18	19	20 Jump rope for 1 minute without stopping. If you made it continue to jump for as long as you can.	21 Stair Challenge: Find a set of stairs and go up and down as many times as you can!
22 Family Dance challenge: Dance to your favorite song. See who has the best dance moves!	23 Watch your favorite favorite T.V. show. Do an exercise during each commercial. Ex. Push-ups, squats, mountain climbers	24 Family Challenge: Who can hold a plank the longest?	25 Run in place for 30 seconds in every room of your house.	26 Superman Challenge: Lay on your stomach and lift your legs and arms off the ground for 30 seconds. Repeat 3X	27 Family Challenge: Who can do the most push-ups in your family?	28 Make up a game that involves a ball and play with a family member or friend.
29 Help your family cook a healthy meal together. When you are done, help clean up the dishes.	30 Do a bear crawl around your house from room to room. Can you make it to every room in your house without stopping?	31 Bicycle Challenge: Lay on your back and pedal the bicycle for 1 minute. Repeat 3X.	Jumping jacks Mountain climbers Pogo sticks EXERCISES:	Plank	Lunges Squats Froggies High knees Scissor kicks	Push-ups Wall sit Burpees Sit-ups

			<p>Jumping jacks Mountain climbers Pogo sticks</p>	<p>Floor taps High knees Push ups</p>		