

February Fitness Challenge

3rd – 5th Grade

Mid-winter break 2/18 - 2/22



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Perform 100 jumping jacks	2 Help out with chores at home (sweep, vacuum, dishes)
3 Pick 5 stretches and hold them for 20 seconds each	4 Perform 100 ski jumps	5 Jog in place for 2 minutes!	6 Try to do 10 push ups	7 Balance on each foot for 30 seconds	8 Read a book while doing a wall sit 	9 Dance to your favorite songs!
10 March in place for 5 minutes	11 Eat fruit as a snack (banana, apples, berries)	12 Perform 25 star jumps	13 Perform 25 squats	14 Pretend to jump rope for 3 minutes	15 Grab 2 canned food items and do 20 arm curls	16 Help out with chores at home (sweep, vacuum, dishes)
17 Pick 5 stretches and hold them for 20 seconds each	18 Read a book while doing a wall sit 	19 Perform 100 jumping jacks	20 Perform 20 sit ups 	21 Eat veggies as a snack (carrots, celery, peppers)	22 Perform 100 high knees	23 Dance to your favorite songs!
24 March in place for 5 minutes	25 Hold a plank for 30 seconds 	26 Grab 2 canned food items and do 20 arm curls	27 Jog in place for 2 minutes	28 Pick your favorite exercise and perform it 50 times		