

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Rewards!

1. Name on Webpage
2. Improved Fitness
3. Boot Camp Ticket! (chance to win a prize :)

2

Pick any exercise and do it 2x10 times. What did you choose?

9

Find a stuffed animal or another small object. Toss it up and catch it 15 times with each hand!

16

Do 16 of your best Push-ups, either on your feet or knees! circle one: I did 16! or I did ____!

23

Michael Jordan was a great player who wore #23. Make 23 basketball shots at either a real hoop or by creating your own!

30

30 minutes of cleaning can burn about 100 calories. Help clean your house as you help keep your body healthy!

Directions:

Complete at least 3-4 days each week or 18 days total and return to Mr. Jayne **by 2-4-11!** Circle the dates you do.

3

Practice your sit-ups. How many can you do before you need to stop? _____SU's

10

What is 10 + 10 + 10 + 10 + 10

Run in place for this many secs!

17

Start with 100. Subtract your age and your grade level = _____. Do this many jumping jacks

24

Something healthy I ate today was: _____

My favorite healthy food is: _____

31

You had a great First month of 2011. Celebrate with your happy dance ☺

4

Name 4 healthy foods you ate today:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

11

Add your age to one of your parents age: _____ + _____ = _____

Jump on and off a step this many times!

18

Lie down on your back and bring both knees up to your chest. Straighten your legs out. Do this 18X.

25

The Blackhawks plays the Wild tonight. On a separate piece of paper list 5 reasons why the Hawks will win! Staple it on to this calendar!

5

Carlos Boozer wears #5 for the Bulls. Do 5 push-ups, 5 sit-ups, 5 jumping jacks and 5 straddle jumps for time:

Try #1 _____sec
Try #2 _____sec

12

In the NFL football games this past weekend, the NFC home teams scored _____ points. Do this many arm circles.

19

Hop on 1 foot as many times in a row as you can. Do the same on the other foot. How many did you get all together? _____hops

26

Choose an animal walk (dog, crab, rabbit) and move into each room of your home. Move safely and check with parents first.

6

Name a state that borders Illinois.

Do 2 pogo jumps for each letter in this state!

13

Place a soft object on your head and see how long you can balance on 1 foot! Best time: _____secs

Try the other foot! _____secs

20

Show an adult 4 stretches that you know.

(Hold each stretch for 20 seconds!)

27

How fast can you do 27 "Mountain Climbers"???

_____secs
Do them again & try to beat your score!
_____secs

7

Find a soft ball or another small, soft object. See how fast you can pass it around your waist 20 times!

Try #1: _____sec
Try #2: _____sec

14

Chose and exercise and do 14 of them. Not tired? Do 14 more. What did you choose? _____

21

Lie flat on your back and get up as fast as you can. How fast can you do this 10 times in a row? _____secs

28

Add up the numbers in "2011".

Do this many in 4 sets each of : jumping jacks, crunches, pushups and curl-ups!

1

You Ready! Start a new year out by going out and playing or shoveling for 60 minutes total. Take breaks if needed!

8

You have 5 tries to jump as *far* as you can! Bend your knees and swing your arms! Mark which one was the furthest?

1st 2nd 3rd 4th 5th

15

While you watch one TV show this weekend, jog in place during the commercials. How many did you jog through? _____

22

Get into a crab position and do 22 crab shoulder taps. Now try doing 22 crab kicks!

29

Challenge an adult!! Lie on your back, with hands behind lower back, hold your feet 6 inches off the ground. See who can hold it the longest!

January

2011