

Fitness Fun!

My Goal: Complete at least 5 of these activities each day.

Name: _____ Grade: _____ Teacher: _____

	M	T	W	TH	F	SA	SU
15 Jumping Jacks							
15 Sit Ups							
15 Squats							
15 Lunges							
15 Push Ups							
15 Toe Touches							
15 Leg Raises							
15 Arm Circles							
15 Knee Raises							
Play outside 30 min							

Mark an X in the box when you complete the activity for the day. Then at the end of the week (Sunday), take a picture of your log and send it to my email stagea@dearbornschools.org