

Fitness Warriors

This program was designed with three goals in mind.

1. Reward students that are already physically active.
2. Motivate students to increase the amount of physical activity they take part in.
3. Offers the parent or guardian of the student a chance to be a role model for physical activity for their child.

Listed below are two separate point charts. The list for 1 point activities are short 1-2 minute activities that the student can pick from (Limit to 5 points daily).

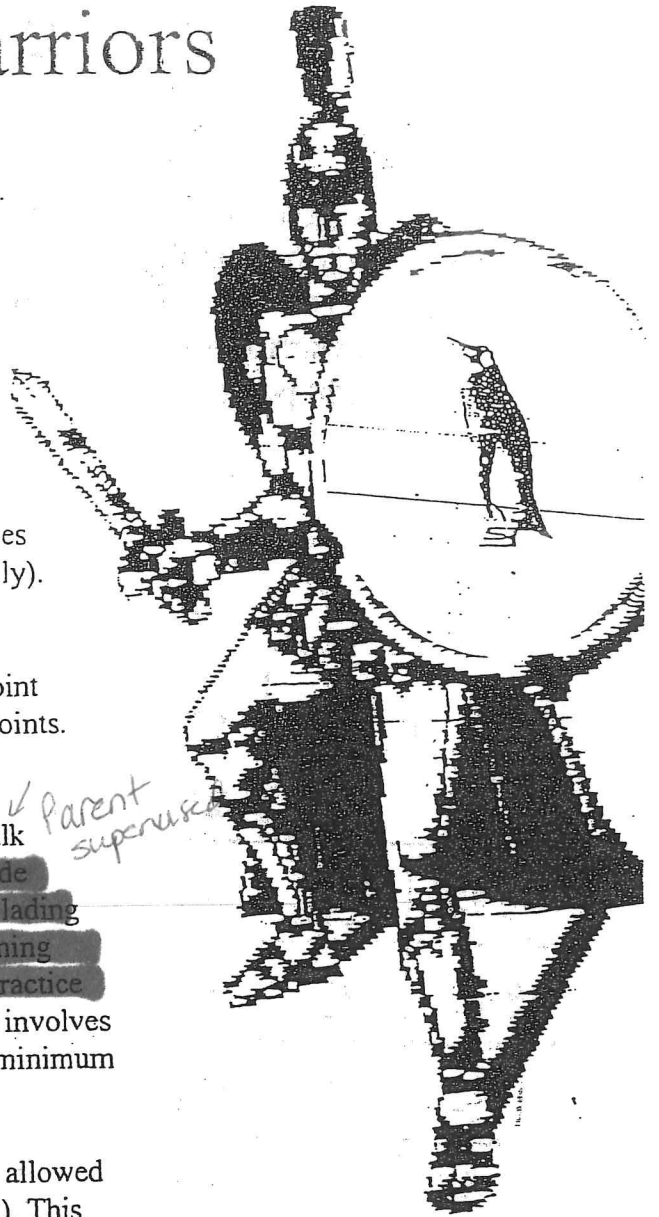
The list for 3 point activities are more focused on cardiovascular endurance. The student can do a 3 point activity along with two 1 point activities to total 5 points.

1 Point Chart

50 jumping jacks
50 mountain climbers
50 scissor kicks
50 ski jumpers
25 x 2 shoulder touches
25 curl ups
10 push ups or modified push ups

3 Point chart

20 minute jog/walk
20 minute bike ride
20 minute rollerblading
20 minute swimming
20 minutes at a practice
Any activity that involves movement for a minimum of 20 minutes



If the parent or guardian participates, the student is allowed to color in 1 extra point on the point chart(see back). This allows the student an opportunity to color 6 points daily.

Name _____
Teacher _____

On the back of this page is a point chart from 1 to 100. The student will record how many points they earned on any given day by coloring in the number of boxes that is equal to the number of points earned for that day. The maximum number of points allowed to color in are 6 (if parent participates on that day).