

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="text-align: center;">MARCH</h2> <h3 style="text-align: center;">Fitness Challenge!</h3>				<b>1</b> 15 JUMPING JACKS 10 SIT-UPS 15 LUNGES (per leg) 10 PLANK JACKS	<b>2</b> 5 BURPEES 15 SECOND PLANK 10 SQUATS 5 PUSHUPS	<b>3</b> 10 PLANK TOUCHES 20 SEC. WALL SIT 20 ARM CIRCLES - (10 each direction)
<b>4</b> <b>REST</b>  Make a Fruit Smoothie	<b>5</b> 20 JUMPING JACKS 12 SIT-UPS 18 LUNGES (per leg) 12 PLANK JACKS	<b>6</b> 8 BURPEES 20 SECOND PLANK 12 SQUATS 6 PUSHUPS	<b>7</b> 16 PLANK TOUCHES 25 SEC. WALL SIT 20 ARM CIRCLES - (10 each direction)	<b>8</b> <b>REST</b>  Go for a walk with a family member.	<b>9</b> 25 JUMPING JACKS 14 SIT-UPS 20 LUNGES (per leg) 14 PLANK JACKS	<b>10</b> 11 BURPEES 25 SECOND PLANK 14 SQUATS 7 PUSHUPS
<b>11</b> 20 PLANK TOUCHES 30 SEC. WALL SIT 30 ARM CIRCLES - (15 each direction)	<b>12</b> <b>REST</b>  Listen to music or sing a song.	<b>13</b> 30 JUMPING JACKS 16 SIT-UPS 22 LUNGES (per leg) 16 PLANK JACKS	<b>14</b> 14 BURPEES 30 SECOND PLANK 16 SQUATS 8 PUSHUPS	<b>15</b> 24 PLANK TOUCHES 35 SEC. WALL SIT 30 ARM CIRCLES - (15 each direction)	<b>16</b> <b>REST</b>  Write a letter to a friend or relative.	<b>17</b> 35 JUMPING JACKS 18 SIT-UPS 24 LUNGES (per leg) 18 PLANK JACKS
<b>18</b> 17 BURPEES 35 SECOND PLANK 18 SQUATS 9 PUSHUPS	<b>19</b> 28 PLANK TOUCHES 40 SEC. WALL SIT 40 ARM CIRCLES (20 each direction)	<b>20</b> <b>REST</b>  Draw a picture or read a book.	<b>21</b> 40 JUMPING JACKS 20 SIT-UPS 26 LUNGES (per leg) 20 PLANK JACKS	<b>22</b> 20 BURPEES 40 SECOND PLANK 20 SQUATS 10 PUSHUPS	<b>23</b> 32 PLANK TOUCHES 45 SEC. WALL SIT 40 ARM CIRCLES - (20 each direction)	<b>24</b> <b>REST</b>  Sit quietly for one minute and listen to your breathing.
<b>25</b> 45 JUMPING JACKS 22 SIT-UPS 28 LUNGES (per leg) 22 PLANK JACKS	<b>26</b> 23 BURPEES 45 SECOND PLANK 22 SQUATS 11 PUSHUPS	<b>27</b> 36 PLANK TOUCHES 50 SEC. WALL SIT 50 ARM CIRCLES - (25 each direction)	<b>28</b> <b>REST</b>  Think about something you grateful for.	<b>29</b> 50 JUMPING JACKS 24 SIT-UPS 30 LUNGES (per leg) 24 PLANK JACKS	<b>30</b> 26 BURPEES 50 SECOND PLANK 24 SQUATS 12 PUSHUPS	<b>31</b> 40 PLANK TOUCHES 1 MIN. WALL SIT 50 ARM CIRCLES - (25 each direction)

Student: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Total Days Completed: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



## Grade 4-8 MARCH Fitness Challenge!

As part of the work of the Wellness Committee, we are encouraging physical activity in life. Each month we are introducing a fitness challenge to both staff and students. *The March Fitness Challenge* consists of three different workouts focusing on endurance, upper body, and lower body strength. As the month progress, the time and number of repetitions for each exercise gradually increases. There is a built-in rest day every fourth day. Each rest day includes an additional challenge.

We recognize that each student's fitness level varies. Therefore, the guidelines on the calendar are not set in stone. With help from an adult, each of the exercises and/or repetitions and times can be adapted to appropriately challenge you. Mrs. Bovard will introduce each exercise in physical education so that you know how to do each exercise correctly.

### **Don't forget to turn in your calendar at the end of the month!**

Mark each day a workout (including the "rest day" challenge) is completed with a check mark. At the end of the month, count up the total number of checks, then write that number on the bottom of the calendar where it says, "Total Days Completed." Complete the rest of the information on the calendar before asking a parent to sign it.

Calendars can be turned in to Mrs. Pompi any day between March 31 -April 2. All students who take part in *The March Fitness Challenge* and return their calendar will be entered into a raffle.

You do NOT have to complete each day to be entered into the raffle. We understand that you have busy schedules, or sometimes just forget to complete a workout. That's being human.

### **Parents and guardians are encouraged to help and even participate in the workouts.**

Because your child may need a little guidance, we encourage parents to assist with form and necessary adaptations based on fitness level. Finally, students get so excited when parents and siblings participate in the challenge with them. What better way to lead by example and promote lifelong fitness!

\*All monthly fitness challenges are optional.

Sincerely,  
The Wellness Committee