

February

2019

BES February Fitness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10 Arm Circles 5 Push Ups	2 2 --30 second Planks
3 REST	4 10 Jumping Jacks 10 Push-ups 10 Squats	5 10 Squat Jumps 10 Sit ups 10 Mt. Climbers	6 10 Jumping Jacks 10 Push-ups 10 Squats	7 10 Lunges 10 Crab Dips 10 Bicycles	8 10 Arm Circles 10 Push Ups 10 Mt. Climbers	9 3 --30 second Planks
10 REST	11 15 Jumping Jacks 15 Push-ups 15 Squats	12 15 Squat Jumps 15 Sit ups 15 Mt. Climbers	13 15 Jumping Jacks 15 Push-ups 15 Squats	14 15 Lunges 15 Crab Dips 15 Bicycles	15 15 Arm Circles 15 Push Ups 15 Mt. Climbers	16 4 --30 second Planks
17 REST	18 15 Jumping Jacks 15 Push-ups 15 Squats	19 15 Squat Jumps 15 Sit ups 15 Mt. Climbers	20 15 Jumping Jacks 15 Push-ups 15 Squats	21 15 Lunges 15 Crab Dips 15 Bicycles	22 15 Arm Circles 15 Push Ups 15 Mt. Climbers	23 5 --30 second Planks
24 REST	25 20 Jumping Jacks 20 Push-ups 20 Squats	26 20 Squat Jumps 20 Sit ups 20 Mt. Climbers	27 20 Jumping Jacks 20 Push-ups 20 Squats	28 20 Lunges 20 Crab Dips 20 Bicycles		

Week 1	Name _____	Teacher _____	Parent Signature _____	Week 2	Name _____	Teacher _____	Parent Signature _____	Week 3	Name _____	Teacher _____	Parent Signature _____	Week 4	Name _____	Teacher _____	Parent Signature _____	Week 5	Name _____	Teacher _____	Parent Signature _____
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Join the *Fun of Fitness* by participating in the BES February Fitness Challenge!

Follow the calendar of exercises on the back of the page to complete the challenge. Each week that you complete all of the exercises, cut out the raffle ticket on the bottom of the page, fill out your name, teacher, and have it signed by your parents. Then, **turn the ticket in to Mrs. Novak or the front desk on the following Monday** to be entered into the raffle drawing for that week! There will be one winner per week that will be announced on the Wednesday Morning announcements. Students that win will choose a PE activity or game (with approval) for all grade levels to play during PE class. Students that complete *all 5* weeks will be entered into a Grand Prize Drawing.

Have Fun being *Fit!*

'You create your own success by working for what you want!'