Fitness Adventure.

***Keep this on your refrigerator door during lock down period.***

How many pushups can you do during a TV commercial? \_\_\_\_\_\_\_\_\_\_\_\_\_

Go for a hike or walk with your friends or family. Where did you go, and how

long?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cut out the bottom of a milk jug. Make a “Scoop” and find a tennis ball (or other

small ball). Play “Scoopball” outside with family or friends. How many catches did

you make? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Who played with you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Watch basketball or football game together with your family or friends

TV). Then get outside and play it the next day. What game did you watch and play?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Who played? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many sit ups and you do during a TV commercial? \_\_\_\_\_\_\_\_\_\_

Eat healthy food and snacks (low in fat or sugar). What are some healthy snacks you

ate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Measure or guess your distances walked and jogged. Go to **www.peclogit.org**

and enter your steps or mileage! How far did you go? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Practice jumping a rope. How many jumps in a row can you get? \_\_\_\_\_\_\_\_\_\_\_\_

What kind of tricks can you do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be creative. Make up a dance with your favorite song. What was it? \_\_\_\_\_\_\_\_\_\_\_

Find other ways to be active with family or friends ( Ride a bike, play in the

Snow \_, trampoline, play tag, etc.) What did you do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Volley a balloon using only your feet or knees. How many can you do? \_\_\_\_\_\_\_\_\_

Use 2 or 3 grocery bags, then balls to practice juggling. How many can you do? \_\_\_

Challenge yourself to be active each day.

**In the boxes below, write what activities or exercises you did each day :**

***JANUARY***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**(X)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_