



BF DAY FITNESS CHALLENGE!

Name _____

Teacher _____

Directions:

1. Pick up to 2 boxes to complete each day No more than 2 per day, because we are promoting **daily** activity.
2. Each time you do an activity have an adult initial that box.
3. CHOICE BOXES should be 20 minutes or more of large muscle, physical activity such as jogging, dance, house cleaning, walking, playing catch, etc.
4. If you are unable to do an assigned activity, you can replace it with something similar.

24 BOXES COMPLETE= 1 FOOT TOKEN!!!!

Do 3 pushups in each room of your house.	Lift a heavy book over your head 15 times. Do 10 more, then 5.	Do at least 3 different stretches. Hold each one for 30 seconds.	CHOICE ACTIVITY:
Bike, walk or jog at least 20 minutes or jump rope for 10 minutes.	Run in place as fast as you can for 1 minute. Can you do 100 steps?	Do arm curls with soup cans in your hands. How many can you do in a minute?	CHOICE ACTIVITY:
Cleaning for 20 minutes burns about 100 calories. Burn 100 cleaning your room.	Run 5 laps around your house or apartment.	Vacuum/sweep the house, or do 20 minutes of yard work.	CHOICE ACTIVITY:
Make up a dance or workout routine. Teach it to a family member. Perform it!	Do 20 burpees plus 30 mountain climbers. Now do 10 and 10 of each. Rest and repeat.	Balance on one foot for 30 seconds. Now balance on the other foot.	CHOICE ACTIVITY:
Challenge an adult to see who can lie on their back with their feet lifted 6 inches the longest.	Play catch with someone. Try to get 20 catches in a row.	Find the definition of cardio respiratory fitness. Teach it to an adult or sibling.	CHOICE ACTIVITY:
Do one ten second plank for every student in your class.	Do 20 sit ups. Then do 10. Then do 5.	Keep track of how many food groups you eat in one day.	CHOICE ACTIVITY: