



For the Love

February Fitness Challenge

of Exercise

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Using the calendar below, mark an X through each day you complete the exercises. At the end of the month, add up the total number of days completed. If you complete 1 week or more of exercises, return the calendar to your PE teacher to earn an award certificate and a Gator Bite for each week you complete. Feel free to modify the exercises so they are challenging for you. For example, you may not have a jump rope. Therefore, you can jump with an imaginary rope or do jumping jacks instead. For Kindergarten and 1st grade do Frog jumps instead of Burpees for a modification.</p> <p style="text-align: right;"><i>KeepingKidsInMotion.com</i></p>					1 :30 Jump Rope 5 Burpees :30 Jump Rope 5 Burpees 1:00 Jump Rope	2 :30 Jump Rope :30 Low plank :30 Jump Rope :30 Low plank 1:00 Jump Rope
3 :30 Jump Rope 10 Squats :30 Jump Rope 10 Squats 1:00 Jump Rope	4 :30 Jump Rope 5 Burpees :30 Jump Rope 5 Burpees 1:00 Jump Rope	5 :30 Jump Rope :30 Low plank :30 Jump Rope :30 Low plank 1:00 Jump Rope	6 REST & READ	7 :30 Jump Rope 10 Squats :30 Jump Rope 10 Squats 1:00 Jump Rope	8 :45 Jump Rope 10 Burpees :45 Jump Rope 10 Burpees 1:30 Jump Rope	9 :45 Jump Rope :40 Low plank :45 Jump Rope :40 Low plank 1:30 Jump Rope
10 :45 Jump Rope 14 Squats :45 Jump Rope 14 Squats 1:30 Jump Rope	11 :45 Jump Rope 10 Burpees :45 Jump Rope 10 Burpees 1:30 Jump Rope	12 :45 Jump Rope :40 Low plank :45 Jump Rope :40 Low plank 1:30 Jump Rope	13 REST & READ	14 :45 Jump Rope 14 Squats :45 Jump Rope 14 Squats 1:30 Jump Rope	15 1:00 Jump Rope 12 Burpees 1:00 Jump Rope 1 Burpees 1:45 Jump Rope	16 1:00 Jump Rope :50 Low plank 1:00 Jump Rope :50 Low plank 1:45 Jump Rope
17 1:00 Jump Rope 16 Squats 1:00 Jump Rope 16 Squats 1:45 Jump Rope	18 1:00 Jump Rope 12 Burpees 1:00 Jump Rope 12 Burpees 1:45 Jump Rope	19 1:00 Jump Rope :50 Low plank 1:00 Jump Rope :50 Low plank 1:45 Jump Rope	20 REST & READ	21 1:00 Jump Rope 16 Squats 1:00 Jump Rope 16 Squats 1:45 Jump Rope	22 1:15 Jump 2Rope 15 Burpees 1:15 Jump Rope 15 Burpees 2:00 Jump Rope	23 1:15 Jump Rope 1:00 Low plank 1:15 Jump Rope 1:00 Low plank 2:00 Jump Rope
24 1:15 Jump Rope 20 Squats 1:15 Jump Rope 20 Squats 2:00 Jump Rope	25 1:15 Jump Rope 15 Burpees 1:15 Jump Rope 15 Burpees 2:00 Jump Rope	26 1:15 Jump Rope 1:00 Low plank 1:15 Jump Rope 1:00 Low plank 2:00 Jump Rope	27 REST & READ	28 1:15 Jump Rope 20 Squats 1:15 Jump Rope 20 Squats 2:00 Jump Rope		

Student Name: _____ Grade: _____ Total Days Completed: _____

Teacher: _____ Parent Signature: _____