

Physical Fitness

Activity 1

20 Jumping jacks



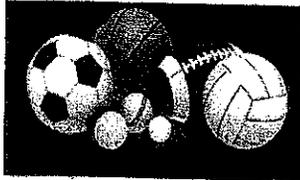
Activity 2

20 Toe Touches



Activity 3

30 minutes playing outside



Activity 4

30 minutes inside house cleaning



Being active will help your body feel better and keep your mind healthy. Each day your parent or guardian will sign off on your day's activity. No cheating! Get up, put down the electronics, and move around. No couch potatoes will be allowed. I will also be posting some fun activities that you can do to help make being more active fun. Remember, helping clean your room or home can be a great way to be active.

Coach Harris

Coach Tolle

Week 1

Day 1	Parent or Guardian signature	X _____
Day 2	Parent or Guardian signature	X _____
Day 3	Parent or Guardian signature	X _____
Day 4	Parent or Guardian signature	X _____
Day 5	Parent or Guardian signature	X _____

Week 2

Day 1	Parent or Guardian signature	X _____
Day 2	Parent or Guardian signature	X _____
Day 3	Parent or Guardian signature	X _____
Day 4	Parent or Guardian signature	X _____
Day 5	Parent or Guardian signature	X _____