



Millbrooke's Fitness Club

November 2024

Due 12/6/24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Drink 8 glasses of water!	2 Max out- Do as many lunges as you can
3 Fall Leaves Sorting RACE. Sort leaves by color in piles as fast as you can!	4 4 Rounds of: 6 arm circles 6 jumping squats!	5 No School - Student Choice!	6 Go sock skating for 15 mins in your house	7 10 Crab Walks 10 Wall push ups 10 Wall Balls	8 Log your food today! Make a list of ALL the food you eat today.	9 Max out- Do as many mountain climbers as you can without stopping
10 Partner workout! Take turns doing 5 squats 5 Wall jumps 5 sit ups	11 Every minute on the minute do a 45 second wall sit and rest the last 15 seconds for 5 mins total!	12 3 Rounds of: 6 Jumping Jacks 6 Mountain Climbers 6 Heel taps	13 13 Burpees 13 Squats 13 Sit ups	14 Get 8 hours of sleep and eat a healthy breakfast	15 Skip the sweets/candy today! Make your dessert with fruit!	16 Max out- Get into PLANK position and hold it as LONG as you can!
17 Create a FALL HARVEST obstacle course for you and your family to race!	18 18 lunges 18 second sprint 18 Overhead Squats	19 Do each movement for ONE FULL minute! Sit ups Push ups Jumping Squats	20 Go for a 20 min nature walk, looking for different insects and leaf varieties!	21 Run/Jog for 5 mins - only taking a break when you have to for 10 seconds	22 Eat food from EVERY food group - Dairy, Fruit, Veg, Grain, Protein	23 Max out- Do a handstand (leaned up against the wall) hold it as LONG as you can!
24 Play outside for ½ hour instead of TV or tablet	25 10 Calf Raises 10 step ups 10 jumping lunges	26 Play your fav. Song and do 6 mountain climbers & 6 jumping jacks	27 Every minute on the minute do 6 lunges for 6 minutes total	28 (Thanksgiving) EAT The rainbow - healthy foods of EVERY color!	29 3 Rounds of: 3 sit ups 3 burpees 3 tricep dips (off the side of the couch)	30 Max Out- How many cups of water can you drink today?

Student's Name: _____

Child's Homeroom Teacher: _____

Parent Signature: _____