



Millbrooke's Fitness Club

September 2024

Due 10/4/24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Push up Pyramid challenge - do 1 push up, rest, do 2 push ups, rest, continue as long as you can	2 No School Labor Day - Student Choice!	3 Go for a 20 minute walk outside	4 Go sock skating for 15 mins in your house	5 10 sit ups 10 Jumping Jacks Drink 3 glasses of water	6 Eat 1 ½ cups of fruit & drink 3 glasses of water	7 Max out- Do as many sit ups as you can
8 Play outside for ½ hour instead of TV or tablet	9 2 Rounds of: 6 Jumping Jacks 6 bear crawls	10 Hop 10 times on each foot 10 sit ups 10 squats	11 Crab Walk OR Bear crawl through every room in the house	12 Set a timer for 7 mins do your # age of: Lunges Burpees Pushups	13 Try a new food from one food group: Dairy, Fruit, Vegetables, Grains, or Protein	14 Max out- Jump up and down for as many minutes as you can
15 Play red light, green light with a friend	16 Get 8 hours of sleep and eat a healthy breakfast	17 12 Lunges 12 Jumping Wall taps 12 second headstand	18 Run/Jog for 5 mins - only taking a break when you have to for 10 seconds	19 Every minute on the minute do 5 burpees for 5 minutes total	20 Eat 2 ½ cups of vegetables and drink 3 glasses of water	21 Max out- Run as far as you can without stopping
22 Play hopscotch using sidewalk chalk outside	23 18 second wall sit 18 second jumps 18 second sprint Drink 3 glasses of water	24 Play your fav. Song and do 5 squats & 5 sit ups repeat until the song is over.	25 Go for a 20 min nature walk, looking for different insects, leaves, flowers	26 3 Rounds of: 3 push ups 3 burpees 3 jumping wall taps	27 Eat food from EVERY food group - Dairy, Fruit, Veg, Grain, Protein	28 Max out- Do a wall sit for as long as you can
29 Play keep the balloon up! How long can you last?	30 Every minute on the minute do 5 sit ups for 5 minutes total					

Student's Name: _____ Child's Homeroom Teacher: _____

Parent Signature: _____