



# Millbrooke's Fitness Club

## October 2024

Due 11/6/24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Go for a 20 minute walk outside	2 Go sock skating for 15 mins in your house	3 2 Rounds of: 10 Jumping Jacks 10 bear crawls	4 Eat 1 ½ cups of fruit & drink 3 glasses of water	5 Max out- Do as many sit ups as you can
6 Play outside for ½ hour instead of TV or tablet	7 3 rounds of: 3 jumping squats 3 reverse lunges 3 high kicks per leg	8 Hop 8 times on each foot 8 sit ups 8 squats	9 Crab Walk OR Bear crawl through every room in the house	10 Set a timer for 6 mins do your # age of: Lunges Burpees Pushups	11 Try a new food from one food group: Dairy, Fruit, Vegetables, Grains, or Protein	12 Max out- Jump up and down for as many minutes as you can
13 Play red light, green light with a friend	14 Get 8 hours of sleep and eat a healthy breakfast	15 15 Lunges 15 Jumping Wall taps 15 second headstand	16 Run/Jog for 5 mins - only taking a break when you have to for 10 seconds	17 Every minute on the minute do 5 burpees for 5 minutes total	18 Eat 2 ½ cups of vegetables and drink 3 glasses of water	19 Max out- Run as far as you can without stopping
20 Play hopscotch using sidewalk chalk outside	21 21 second wall sit 21 second jumps 21 second sprint Drink 3 glasses of water	22 Play your fav. Song and do 5 squats & 5 sit ups repeat until the song is over.	23 Go for a 20 min nature walk, looking for different insects, leaves, flowers	24 4 Rounds of: 4 push ups 4 burpees 4 jumping wall taps	25 Eat food from EVERY food group - Dairy, Fruit, Veg, Grain, Protein	26 Max out- Do a wall sit for as long as you can
27 Play keep the balloon up! How long can you last?	28 Every minute on the minute do 5 sit ups for 5 minutes total	29 Rake leaves - making Big LEAF PILES!	30 10 sit ups 10 Jumping Jacks Drink 3 glasses of water	31 CANDY SORT!  Sort your candy by colors. Limit yourself to ONE color per day!		

Student's Name: \_\_\_\_\_ Child's Homeroom Teacher: \_\_\_\_\_

Parent Signature: \_\_\_\_\_