



# For the Love

## February Fitness Challenge

# of Exercise

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Using the calendar below, mark an <b>X</b> through each day you complete the exercises. At the end of the month, add up the total number of days completed. If you complete 10 or more days of exercises, return the calendar to your PE teacher to earn an award certificate and a toe token. 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.</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 <b>REST &amp; READ</b>	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 <b>REST &amp; READ</b>	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 <b>REST &amp; READ</b>	21 1:00 Jump Rope 16 Squats 1:00 Jump Rope 16 Squats 1:45 Jump Rope	22 1:15 Jump Rope 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 <b>REST &amp; READ</b>	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: \_\_\_\_\_