



Embrace the STRIDES of MARCH

March Fitness Challenge



KeepingKidsInMotion.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The focus of this month's challenge is to take healthy strides (steps) every day.					1 Duration: _____	2 Duration: _____
3 Duration: _____	4 Duration: _____	5 Duration: _____	6 Duration: _____	7 Duration: _____	8 Duration: _____	9 Duration: _____
10 Duration: _____	11 Duration: _____	12 Duration: _____	13 Duration: _____	14 Duration: _____	15 Duration: _____	16 Duration: _____
17 Duration: _____	18 Duration: _____	19 Duration: _____	20 Duration: _____	21 Duration: _____	22 Duration: _____	23 Duration: _____
24 D: _____ D: _____	25 Duration: _____	26 Duration: _____	27 Duration: _____	28 Duration: _____	29 Duration: _____	30 Duration: _____
31						

Student Name: _____ Grade: _____ Total Days Completed: _____

Teacher: _____ Parent Signature: _____

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DIRECTIONS: Each day, either choose a movement from the stride bank on the right or create your own way to take healthy strides. Write down your choice on the calendar provided along with the duration.



At the end of the month, tally up the number of days you took strides. Log that number on your calendar on the space provided. Turn in your signed calendar to your P.E. teacher. Complete 10 or more days to receive a toe token and award certificate.

STRIDE BANK

- Go for a walk with your family
- Walk your dog
- Go hiking
- Jog around your neighborhood (with someone)
- Sprint – complete several 15-20 yard sprints.
- Jog up a hill, then walk down several times
- Aerobic Steppers – on a bottom step at your house, do 30 second intervals with 10 seconds of rest
- Jog around a track
- Go mountain biking
- Ride your bike on a local trail
- March in place
- Perform 3 or more set of 10 walking lunges
- Dance
- Play tag
- Skip rope
- Cross country ski
- Ice skate
- Skip up and down the sidewalk
- Sign up for a Fun Run or 5K Race