



MAY

THE FORCE BE WITH YOU

JEDI TRAINING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COLOR EACH DAY YOU COMPLETE THE CHALLENGE.			1	2	3	MAY THE FOURTH BE WITH YOU
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Student: _____ Total Days Completed: _____

Parent Signature: _____ Grade: _____ Teacher: _____



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JEDI TRAINING

ODD NUMBER DAYS

- **20** JUMPING JACKS
- **10** WALL SIT LEG EXTENSIONS
- **20** PLANK JACKS
- **10** JUMP SQUATS

EVEN NUMBER DAYS

- **10** BURPEES
- **10** SQUATS
- **20** MOUNTAIN CLIMBERS
- **20** PLANK KNEE TUCKS

Level 1 - **YOUNGLING**

Complete **2** Rounds

Level 2 - **PADAWAN**

Complete **3** rounds

Level 3 - **JEDI KNIGHT**

Complete **4** rounds

Level 4 - **JEDI MASTER**

Complete **5** rounds

- Choose a level which is challenging for you. Try to advance your level throughout the month. The ultimate goal is to become a JEDI Master by the end of the challenge.
- The last day of school is on May 23. Therefore, JEDI training will end on Friday, May 17. Be sure to turn in your calendar by Thursday, May 23 to receive your JEDI certificate and shoe token.

