

SEPTEMBER'S START THE SCHOOL YEAR *Write* FITNESS CHALLENGE



Each day of the month will have a **Word and Workout of the Day**. Get ready! The words and workouts become longer and more challenging throughout the month. **Bonus:** *Write five sentences or more using any of the words on the calendar.*

1. Locate the **Word of the Day** on the calendar.
2. Match each letter of the word to the “**Alphabet Fitness Key**” to decipher the workout.
3. Complete the Workout of the Day.

Example: September 1 – **Art**

A – 30-Second High Plank, **R** – Hop on one foot 5 times, **T** – 10 Burpees

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Art	2 Pen	3 Desk	4 Math	5 Quiz	6 Ruler	7 Verbs
8 Study	9 Music	10 Books	11 Lunch	12 Chalk	13 Recess	14 Pencil
15 Crayon	16 Eraser	17 Divide	18 Reading	19 PE Class	20 Markers	21 Teacher
22 Writing	23 History	24 Weekend	25 Scissors	26 Keyboard	27 Lunchbox	28 Textbook
29 Yardstick	30 Vocabulary	Name: _____ Days Complete: _____ Parent Signature: _____ Teacher: _____				

START THE SCHOOL YEAR *Write*



A-L-P-H-A-B-E-T Fitness Key

- A** - 30-Second High Plank
- B** - Write a short letter to a friend
- C** - 10 Squats
- D** - 20 Frog Hops
- E** - 10 Plank Jacks
- F** - 5 Burpees
- G** - 10 Arm Circles
- H** - Write your first name 5 times
- I** - 30-Second Forearm Plank
- J** - 30 High Knees
- K** - Write your address 3 times
- L** - 10 Lunges (5 each leg)
- M** - Count to 100 by 5s
- N** - Bear Walk 10 Steps
- O** - 20 High/Low Plank
- P** - 10 Backpack Curls (5 each arm)
- Q** - Write a thank you note to an adult
- R** - Hop on one foot 5 times (each leg)
- S** - 15 Mountain Climbers
- T** - 10 Burpees
- U** - 15 Slow Squats
- V** - Sit and stand 10 times holding hands up
- W** - 30 Jumping Jacks
- X** - Write your last name 10 times
- Y** - 10 Flutter Kicks
- Z** - Count to 50 by 2s