


February 2012

Parent signature _____

Miles/Teacher _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Go to gym and swim 3 miles	2 Do 30 jumping jacks and 30 sit ups 1 mile	3 Jump rope for 15 minutes. 1 mile	4 eat 3 pieces of fruit today. 1 mile
5 Count the letters in your first, middle and last name, do this many crab kicks. 1 mile	6 Pick a family member and do 30 sit ups together. 1 mile	7 Don't watch any t.v. today. 2 miles	8 Build a snowman outside. 1 mile	9 Do 10 minutes of mountain climbers, resting every 30 seconds. 2 miles	10 Crab walk throughout the entire house. 1 mile	11 Go to gym and swim today. 3 miles
12 Do 40 standing sit ups. 1 mile	13 Read from your favorite book for 20 minutes. 1 mile	14 Shovel your sidewalk. 2 miles	15 Go to gym and swim. 3 miles	16 Try a new vegetable tonight with dinner, did you like it? 1 mile	17 Play rock, paper, scissors. If you loose 8 tuck jumps, play for 15 minutes. 1 mile	18 Workout to your favorite song. 1 mile
19 Create the lunch menu including something from every food group. 2 miles	20 Pull a friend on a slept up and down the driveway. 2 miles	21 Do 35 sit ups when you wake up and 35 before you go to bed. 1 mile	22 Find a heavy book, lift it above your head 24 times. 1 mile	23 Don't play any video games today, easy or hard? 1 mile	24 How old are you? Do this many push-ups. 1 mile	25 Play "keep it up" with a balloon. Find a friend and volley the balloon 50 times. 2 miles
26 Do one jumping jack for everyday in February. 1 mile	27 Play outside for 30 minutes. 2 miles	28 Shovel your driveway. 2 miles	29 Count the number of pictures on your walls, do this many tuck jumps. 2 miles		