



TeachMeFit Calendar



Print and Post on your Refrigerator

April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Eat one food from each of the 5 food groups.	2 List out on this calendar, at least 10 physical activities that you enjoy.	3 Challenge one of your parents to a running race.	4 Do not eat any sweets.	5 Watch the Tigers Opening Day.	6 Have Hot Oatmeal for Breakfast with Fruit.
7 Do an exercise video with a parent (at least 10 minutes but try for more).	8 Perform 4 of the physical activities that you listed out on April 2.	9 Perform 20 repetitions of six of your favorite TeachMeFit moves.	10 Drink a glass of milk and 2 tall glasses of water throughout the day.	11 Practice a sport skill that you need to improve for 10 minutes.	12 Run or walk a mile in one attempt.	13 Perform Bicycle Crunches for 30 seconds and 20 Jack Knives.
14 Read a book about or article about your favorite athlete.	15 See how many rope jumps you can make in 30 seconds (attempt 6 times).	16 Make fruit smoothies with your family for a snack.	17 Challenge one of your parents to a different type of running race.	18 Do 5 minutes of continuous TeachMeFit moves.	19 Try and fruit or vegetable that you have never tried.	20 Do 6 minutes of continuous TeachMeFit moves.
21 Run or walk a mile in one attempt.	22 Play outside for 60 minutes.	23 See how many curl ups you can do in 1 minute. Repeat 2 times during the day.	24 See how long you can jump rope without a mistake (attempt 6 times).	25 Practice pull-ups at home or on the playground equipment.	26 Run or walk 1 mile throughout the day.	27 Perform Bicycle Crunches for 30 seconds and 20 Jack Knives.
28 Limit screen time to 60 minutes.	29 List out on this calendar, 10 benefits of exercise.	30 Write down everything that you ate for the whole day.				

- How it works:** Students look at each daily activity and pick and perform 4-5 of the activities each week. (Of course they can do all of them)
- Parents:** Have your child circle the activities they successfully accomplish each week, while you initial the activity each day indicating they completed the challenge. At the end of the month fill out the bottom of this sheet and return the whole calendar back to Mr. DiGiovanni by no later than Friday, May 3rd. Any sheet turned in after May 3rd will not be eligible.
- Students:** Any student that successfully completes 15 of the challenges will be entered into a raffle to win NFL Fuel Up to Play 60 goodies; footballs, water bottles, pencils, pens, T-shirts, hats, lanyards, bracelets, etc. The student that accomplishes the most challenges will be eligible to receive a grand prize that includes jerseys, extra PE for your entire class.

Student Name (please print)

Classroom Teacher

Parent Signature