



TeachMeFit Calendar



Print and Post on your Refrigerator

November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dribble a soccer ball (or any ball) outside for 10 minutes.	2 Help family with outside chores for 20 minutes.
3 Play catch with a football!	4 Eat 2 different fruit and 2 different vegetables.	5 Do the Push Up Hold for a total of 3 minutes. It can be in multiple rounds.	6 Drink a glass milk and 2 tall glasses of water throughout the day.	7 Do 10 push-ups when you wake up and before you go to sleep.	8 Participate in the FUN RUN.	9 Do the Triangle for 20 seconds on each time, 4 times.
10 Try a vegetable or fruit you have never tried.	11 Go to the park and play for 30 minutes.	12 Teach the Hot Footed Lizard to a family member and then do 100 of them.	13 Do 100 jumping jacks throughout the day.	14 Practice jump roping for 10 minutes.	15 Go for a bike ride!	16 Spend an hour outside playing with a family member or friend.
17 Make fruit smoothies with your family for a snack.	18 Teach a family member your favorite TeachMeFit move.	19 See how many curl ups you can do in 1 minute. Repeat 2 times during the day.	20 Write down everything that you ate for the whole day.	21 Drink 1 glass or milk or water, eat 2 vegetables, and 1 fruit with your Thanksgiving dinner.	22 Play catch with a football for 20 minutes.	23 Run or walk 1 mile throughout the day.
24 Family Physical Activity day! Choose any physical activity to play with your family.	25 Go to the park and play for 30 minutes.	26 Run or walk 1 mile throughout the day.	27 Try a vegetable or fruit you have never tried before.	28 Do 100 Mountain Climbers throughout the day.	29 Count the grams of sugar that you ate in a whole day.	30 See how many curl ups you can do in 1 minute. Repeat 3 times during the 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 Tuesday, December 3rd.
- 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