



TeachMeFit Calendar



Print and Post on your Refrigerator **September 2014**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOR DAY	2 Go for a 20 minute bike ride	3 Run or walk 1 mile throughout the day.	4 Spend an hour outside playing with a family member or friend.	5 Do 10 push-ups when you wake up and before you go to sleep.	6 Go to the park and play for 30 minutes.
7 You and a family member play catch for 15 minutes!	8 Eat 2 different fruits and 2 different vegetables.	9 Run or walk 1 mile throughout the day.	10 Do 100 jumping jacks throughout the day.	11 Help a family member complete 2 chores around the house.	12 Go for a 20 minute bike ride	13 Do 10 push-ups when you wake up and before you go to sleep.
14 Go for a walk with a family member!	15 See how many curl ups you can do in 1 minute. Repeat 3 times during the day.	16 Eat 3 different vegetables while watching a sports game on TV.	17 Run or walk 1 mile throughout the day.	18 Practice jump roping for at least 100 jumps.	19 Go for a 20 minute bike ride	20 Spend an hour outside playing with a family member or friend.
21 Go to the park and play for 30 minutes.	22 Teach a family member an exercise that you learned in PE class.	23 Do the plank for a total of 3 minutes. It can be in multiple rounds.	24 Make fruit smoothies with your family for a snack.	25 Drink 1 glass of milk or water; eat 2 vegetables, and 1 fruit with your evening meal.	26 Go for a 20 minute bike ride	27 Choose any physical activity to play with your family.
28 Go for a 10 minute walk after lunch!	29 Eat 2 different fruits and 2 different vegetables.	30 Do 5 different exercises you have learned in PE when you get home.				

- 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, October 3rd. Any sheet turned in after October 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 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