

DIRECTIONS: DO all 6 Challenges to do before Monday June 1st at Midnight
 Complete the table below before turning it in. Each Challenge is worth 5 Points. 30 Points
8th Set of Challenges – May 26th – June 1st (Deadline is Monday at Midnight)

Get your Run/Walk done Today or early in the morning – it is supposed to be HOT – 80’s

NEW STATEWIDE GOAL: 20 minutes of Fitness & Health activity 5 days a week

❖ **Play/Practice Challenge**

- Practice juggling – start with 1 ball toss, then 2 ball toss this week
- Attend the live Meeting this Thursday – May 28th at 1:00 – 1:30!
- And – Play a game (uno, pandemic, monopoly, heads-up, etc.) with your family

❖ **Work/Exercise Challenge**

- Run/walk your Original Cardio Goal Setting Route and Time yourself this week – remember to stop your timer when waiting at intersections – BE SAFE & BE FASTER!!!
- 50 of each- Push-ups, Sit-ups, Jumping Jacks – or a 30 min fitness Video of your choice

❖ **Eat Challenge**

- Eat 1 fruit or vegetable – 5 days this week – list the food and day you ate it

❖ **Drink Challenge**

- Drink 4-8 cups of water – 5 days this week – list the amount of water and day you did it

❖ **GOAL SETTING Challenge**

- Read/Study/Learn about the 5 Health & 6 Skill Components of Fitness & use the FITT Principle
- Complete the Cardio and Eye/Hand Coordination Table Below

Challenge	Day/Date Completed	Tell me what you did!
Additional Play		
Additional Exercise		
Eat		
Drink		

Commented [SN1]:

GOAL SETTING for CARDIO & EYE/HAND COORDINATION – see additional sheet for more info

	Cardio – Goal setting 2 nd Step		Eye/hand Coordination – 2 nd step
Test 2 Run/Walk Distance		# of Successful 2 ball juggles	
Test 2 Run/Walk Fastest Time		# of Successful 3 ball juggles	
#of Run/walks this week		# of practice sessions this week	
Total run/walk distance or time this week		# of practice minutes this week	

HEALTHY & ACTIVE
 REMEMBER DOING ANYTHING IS MORE THAN DOING NOTHING!