

**DIRECTIONS:** DO all 6 Challenges to do before Tuesday 19th at Midnight  
 Complete the table below before turning it in. Each Challenge is worth 5 Points. 30 Points  
**7th Set of Challenges – May 19th – May 27th (Deadline is Tuesday at Midnight)**

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

**SPECIAL MEMORIAL DAY WEEK CHALLENGES!!!**

- ❖ **Play/Practice Challenge - Enjoy a Family Activity**
  - Attend the live Meeting this Thursday – May 21st at 1:00 – 1:30!
  - Play a game (uno, pandemic, monopoly, skipbo, etc.) with your family
  - Play catch or Frisbee or Tennis or ride your bike/scooter/skateboard with your family
- ❖ **Work/Exercise Challenge – Enjoy something in Nature with your family**
  - Get outside – go on a hike or walk or to the park, anything fun outside with your family
- ❖ **Screen Time Challenge – Watch a classic or your favorite movie**
- ❖ **Sleep Challenge – None – enjoy your 4 day weekend!**
- ❖ **Eat Challenge – enjoy some fun food**
  - Plan with a grocery list and Have a BBQ or Picnic
  - OR research and try a new recipe for a dessert or main meal
- ❖ **Drink Challenge – stay hydrated**
  - Drink 8 cups of water in 1 day and challenge an adult to do it with you
- ❖ **GOAL SETTING Challenge – do this before the weekend starts!**
  - Read/Study/Learn about the 5 Health & 6 Skill components of Fitness, FITT Principle
  - Complete the Cardio and Eye/Hand Coordination Goal Setting Table Below

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

Commented [SN1]:

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

	Cardio – Track your Time & Miles		Eye/hand Coordination –Tracker
#of Run/walks this week		# of minutes practiced this week	
Total run/walk distance or time this week		# of practice sessions this week	

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