

**DIRECTIONS:** DO all 6 Challenges to do before Monday 11th at Midnight  
 Complete the table below before turning it in. Each Challenge is worth 5 Points. 30 Points  
**5th Set of Challenges – May 5th – May 11th (Deadline is Monday at Midnight)**

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

❖ **Play/Practice Challenge**

- Find supplies for juggling balls & (ok to start practicing on your own)
- Attend the live Meeting this Thursday – May 7<sup>th</sup> at 1:00 – 1:30!
- OR – Play a game (board game, charades, heads-up, etc.) with your family

❖ **Work/Exercise Challenge**

- Couch Circuit Exercises – Couch Leg Lunge x10, Step-up w/Knee drive x10, Couch Crunches x10, Couch Push-up x10 – Complete 1, 2, 3 or 4 circuits in a row – with 2 min rest in between circuits – see the video examples posted in the Teams - Files
- Go for a 1 mile walk or Jog 1-2 miles (20 minutes) – 2+ times this week!
- OR – 10 push-ups, 10 sit-ups, 10 jumping jacks – for 5 days = 50 each!

❖ **Screen Time Challenge**

- Stop using your phone, computer, TV - 1 hour before going to sleep – for 2 days

❖ **Sleep Challenge**

- Wake up at or before 10:00 AM – 5 times this week (pick an earlier time if needed)

❖ **Eat Challenge**

- Eat different colors – candy/chips do not count – list the color of the food and what it was

❖ **Drink Challenge**

- Drink only water – no soda, energy drinks, coffee, sports drink, or juice – **2 or more days**

| <b>Challenge</b> | <b>Day/Date Completed</b> | <b>Tell me what you did!</b> |
|------------------|---------------------------|------------------------------|
| Play             |                           |                              |
| Exercise         |                           |                              |
| Screen Time      |                           |                              |
| Sleep            |                           |                              |
| Eat              |                           |                              |
| Drink            |                           |                              |

STAY HEALTHY & ACTIVE  
 REMEMBER DOING ANYTHING IS MORE THAN DOING NOTHING!  
 STAY SAFE & STAY AT HOME

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