

DIRECTIONS: DO all 6 Challenges to do before Monday June 8th at Midnight
 Complete the table below before turning it in. Each Challenge is worth 5 Points. 30 Points
9th Set of Challenges – June 2nd – June 8th (Deadline is Monday at Midnight)

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

- ❖ **Play/Practice Challenge - Enjoy a Family Activity**
 - Attend the live Meeting this Thursday – June 4th at 1:00 – 1:30!
 - Play a game (uno, pandemic, monopoly, skipbo, etc.) with your family
 - Make up an outside game or activity
- ❖ **Work/Exercise Challenge – Enjoy something outside with your family**
 - Get outside – go on a walk or run with a friend or family member
 - Do an exercise video with a family member
- ❖ **Screen Time Challenge – Watch your favorite TV series or YouTube Channel**
- ❖ **Sleep Challenge – get 8 hours or more of uninterrupted sleep – 3+ days**
- ❖ **Eat Challenge – Fruits and Vegetables**
 - Eat a fruit or vegetable 5 or more days this week
- ❖ **Drink Challenge – stay hydrated**
 - Drink water only for 1 or 2 days this week – no coffee, juice, soda, energy drinks
- ❖ **GOAL SETTING Challenge – more Cardio walk/runs & practice juggling!**
 - 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		
Sleep		
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!