



TeachMeFit Calendar



Print and Post on your Refrigerator

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Try a vegetable or fruit you have never tried.	2 Practice jumping rope for 10 minutes.	3 Run or Walk 1 mile.	4 Practice dribbling a basketball for 20 minutes.	5 Try a fruit or vegetable that you have never tried.	6 Write down everything that you ate for the whole day.	7 Practice jumping rope for 10 minutes.
8 Do 100 Lunges (50 for each leg).	9 Eat 2 different fruit and 2 different vegetables.	10 Do the Push Up Hold for a total of 3 minutes. It can be in multiple rounds.	11 Drink a glass milk and 2 tall glasses of water throughout the day.	12 Do 40 Squat Thrusts throughout the course of the day.	13 Sign the Fuel Up to Play 60 Pledge in the gym at Greenfield.	14 Have a Hot Oatmeal for Breakfast with Fruit.
15 Run or Walk 1 mile.	16 Practice dribbling a basketball for 20 minutes.	17 Do not eat any sweets.	18 Do 100 jumping jacks throughout the day.	19 For 3 minutes rotate between Triangle and Inverted Hamstring.	20 Try and fruit or vegetable that you have never tried.	21 Teach someone in your family how to do Squat Thrusts.
22 Make fruit smoothies with your family for a snack.	23 Teach a family member your favorite TeachMeFit move.	24 See how many bicycle crunches you can do in 1 minute. Repeat 2 times during the day.	25 Run or walk 1 mile throughout the day.	26 Challenge a family member to a Push Up holding contest. See who can hold it the longest.	27 Go ice skating or make a snowman.	28 Go outside and throw around a baseball or football for 20 minutes.
29 Go to the park and play for 30 minutes.	30 Run or walk 1 mile throughout the day.	31 Drink 1 glass or milk or water, eat 2 vegetables, and 1 fruit.				

- 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 Wednesday, January 8th.
- 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; 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