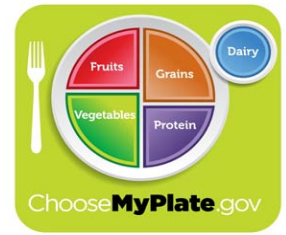




# TeachMeFit Calendar



Print and Post on your Refrigerator

## March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Limit screen time to 60 minutes.					1 Do not eat any sweets.	2 Have Hot Oatmeal for Breakfast with Fruit.
3 Practice a new jump rope trick for 10 minutes.	4 Eat a different vegetable for each day of this week.	5 Perform 20 repetitions of six of your favorite TeachMeFit moves.	6 Drink a glass of milk and 2 tall glasses of water throughout the day.	7 Practice a sport skill that you need to improve for 10 minutes.	8 Practice jumping rope for 10 minutes.	9 Limit screen time to 60 minutes.
10 Eat one food from each of the 5 food groups.	11 See how many rope jumps you can make in 30 seconds (attempt 6 times).	12 Determine the food group for every food that you eat.	13 Do an exercise video with a parent (at least 10 minutes but try for more).	14 Do 5 minutes of continuous TeachMeFit moves.	15 Try and fruit or vegetable that you have never tried.	16 Play outside for 60 minutes.
17 Make fruit smoothies with your family for a snack.	18 Do 5 minutes of continuous TeachMeFit moves.	19 See how many curl ups you can do in 1 minute. Repeat 2 times during the day.	20 See how long you can jump rope without a mistake (attempt 6 times).	21 Practice pull-ups at home or on the playground equipment.	22 Run or walk 1 mile throughout the day.	23 Watch a college basketball game with your parent.
24 Limit screen time to 60 minutes.	25 Determine the food group for every food that you eat.	26 Write down everything that you ate for the whole day.	27 Do 100 Squats throughout the day.	28 Do an exercise video with a parent (at least 10 minutes but try for more).	29 Determine the food group for every food that you eat.	30 Run or walk 1 mile throughout the day with your parent.

- 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 Tuesday, April 9<sup>th</sup>. Any sheet turned in after April 9<sup>th</sup> will not be eligible.
- 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