

SUMMER FITNESS CHALLENGE



AAH! Those Lazy Days of Summer! Summer is a fun time to rest and relax, but we hope you will play outside and be as active as you can! Your body doesn't need a long break! We would like for you to keep a log of the number of minutes you spend each day exercising. You can ride your bike, jump on a trampoline, play sports, play tag, jog, swim or dance! **EVERY 15 MINUTES OF CONTINUAL EXERCISE EQUALS ONE MILE!** Write down what activities you do each day, and the number of "miles" you do. Your goal is to get 100 Miles by the first day of school, August 12th. **IF YOU REACH THIS GOAL**, you will become a member of the 100 MILE CLUB!

Those who make the 100 MILE CLUB will enjoy a celebration during school this fall! Parents will need to verify this activity by signing on the line below. Return this form to us on the first day of school. **SEE YOU IN AUGUST! Coach Ransom & Coach Fowler**

Yes, My child, _____, did ALL of this!
Print Student's Name

Parent/Guardian's Signature: _____

Grade/Teacher's Name 2019-20: _____

May & June 2019
Every 15 minutes = 1 mile!

JUNE 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

July & August 2019
Every 15 minutes = 1 mile!

JULY 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2019 AUGUST						
SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10

