

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 13th. 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 2018-19: _____

May & June 2018
Every 15 minutes = 1 mile!

| 2018 JUNE | | | | | | |
|------------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 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 |

July & August 2018
Every 15 minutes = 1 mile!

| 2018 JULY | | | | | | |
|------------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 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 | 1 | 2 | 3 | 4 |

| 2018 AUGUST | | | | | | |
|--------------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |

