

# 2<sup>nd</sup>-4<sup>th</sup> Grade Fuel Up to Play 60 Exercise Challenge

**Directions:** The Fuel Up to Play 60 Team has selected 3 exercises for you to practice at least ten days during the time frame of Nov.21-Dec.7. Please return by Friday, Dec.8 with parent initials completed to have your name placed in the prize drawing. This Exercise Challenge is optional, but we hope you decide to participate and strengthen your body!

**Due Date:** Friday, December 8

Name: \_\_\_\_\_

Classroom Teacher: \_\_\_\_\_

	Plank	Push-ups	Wall Sit	Parent Initials
	# of seconds	# completed	# of seconds	initial each day completed
Day #1				
Day #2				
Day #3				
Day #4				
Day #5				
Day #6				
Day #7				
Day #8				
Day #9				
Day #10				

