




TENNISWOOD PHYSICAL EDUCATION

JANUARY FITNESS CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 	Saturday
1 HAPPY NEW YEAR! Play a game with a friend or family member.	2 Drink 4 glasses of water throughout the day NO "junk food".	3 Do 25 mountain climbers, 20 push ups and 20 curl ups.	4 Eat 2 fruits and 2 vegetables today.	5 Do 30 curl ups. Rest after every 10. Do 10 push ups after each rest.	6 Do 25 jumping jacks, 20 leg lifts and 2 sets of ABC push ups.	7 Stretch your legs for 3 min. Do 25 mountain climbers, jog in place for 5 min.
8 Stretch for 3 min. Skip 1 min. Gallop 1 min. Hop 1 min. Walk 1 min.	9 Do 20 crab push ups, 20 curl ups and 2 sets of ABC push ups.	10 Dance, jump, skate or jog until you sweat.	11 Play catch with a pair of clean socks until you catch 35 times.	12 Stretch for 3 min. Power walk for 15 min.	13 Jog 5 min. Do 1 min. of push ups _____ and 1 min. of curl ups _____ (write scores)	14 FREE CHOICE _____
15 Jog, sled, skate or play outside for 15 minutes.	16 Do a favor for a family member today.	17 Do 25 mountain climbers, 20 push ups and 20 curl ups.	18 Jog 5 min. Do 1 min. of push ups _____ and 1 min. of curl ups _____ (write scores)	19 Eat 2 fruits and 2 vegetables today.	20 Stretch for 3 min. Power walk for 15 min.	21 Jump for 5 min. Count how many you do and write it on the line _____.
22 FREE CHOICE _____	23 Go sledding, skating or walking for 15 min.	24 Eat 2 fruits and 2 vegetable today and NO "junk food".	25 Stretch for 3 min. Power walk for 15 min.	26 Do 25 mountain climbers, 20 push ups and 20 curl ups.	27 Stretch your legs for 3 min. Do 25 mountain climbers, jog in place for 5 min.	28 Jog, sled, skate or play outside for 15 minutes.
29 Do 30 jumping jacks, 20 curl ups and 20 push ups	30 Jog 5 min. Do 1 min. of push ups _____ and 1 min. of curl ups _____ (write scores)	31 Drink 4 glasses of water throughout the day.				