

**2023 Medical Fitness Week YOUTH Challenge Card**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| M | O | V | E | 1 | 5 | 0 |
| **Play at the park**  **30 minutes** | **Every TV commercial complete 25 jumping jacks** | **Complete 5 sit-ups/run 4 minutes and repeat x5** | **Every TV commercial complete**  **10 squats** | **Hop 10 times/walk 5 minutes, repeat x5** | **Shoot hoops 20 minutes** | **Walk/run 20 minutes** |
| **Go Swimming 30 minutes** | **Walk/run**  **30 minutes** | **Skateboard, rollerblade, or bike**  **20 minutes** | **Play any sport**  **30 minutes** | **Play at the park**  **30 minutes** | **Every TV commercial complete 25 jumping jacks** | **Play catch 30 minutes (Frisbee, football, baseball)** |
| **Ride a bike 20 minutes** | **Shoot hoops 20 minutes** | **Play at the park**  **30 minutes** | **Complete 10 squats/run 2 minutes and repeat x5** | **Walk/run**  **15 minutes** | **Play any sport**  **30 minutes** | **Skateboard, rollerblade, or bike**  **20 minutes** |
| **Skateboard, rollerblade, or bike**  **40 minutes** | **Play at the park**  **30 minutes** | **Walk**  **20 minutes** | **BONUS**  **Eat 2 fruits & 2 veggies today** | **Jump rope 3 minutes/walk 3 minutes repeat x5** | **Go Swimming 30 minutes** | **Play any sport**  **30 minutes** |
| **Play any sport**  **30 minutes** | **Play catch**  **15 minutes (Frisbee, football, baseball)** | **Hop 10 times/walk 5 minutes, repeat x 5** | **Play any sport**  **30 minutes** | **Skateboard, rollerblade, or bike**  **20 minutes** | **Play at the park**  **30 minutes** | **Walk/run**  **30 minutes** |
| **Walk/run**  **30 minutes** | **Jump rope 2 minutes/walk 5 minutes repeat x5** | **Skateboard, rollerblade, or bike**  **45 minutes** | **Play at the park**  **30 minutes** | **Every TV commercial complete**  **15 squats** | **Play any sport**  **30 minutes** | **Jump rope 5 minutes**  **Shoot hoops 20 minutes** |
| **Shoot hoops 20 minutes** | **Skateboard, rollerblade, or bike**  **20 minutes** | **Play any sport**  **30 minutes** | **Hop 10 times/walk 5 minutes, repeat x 5** | **Play catch 30 minutes (Frisbee, football, baseball)** | **Walk/run**  **20 minutes** | **Play at the park**  **30 minutes** |

HAVE FUN & GET MOVING!!!!

Turn in completed card at [insert location here] by May 18, 2023.

[insert facility information and logo here]

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ Grade: Homeroom Teacher:

Your goal is to move at least 150 minutes this week!

Complete one row or column of activity challenges. Exercises do not have to be completed in order, as long as the row/column is complete at the end of the week.

Complete one square per day and date the square when accomplished.