

WEEK 7; K-5 FITNESS TRACKER


























Hey Shlenker Students!

This week we would like to give you some ideas and activities you can try and do on your own!

To get a good picture of how much exercise and activity you do in one week, we are providing a “Fitness Tracker!” This is super easy! Look at the exercise ideas in the box at the bottom of this page (add your own if you’d like). Each day choose one or more of the activities to complete. Next, log your workout and time onto your Fitness Tracker. We would also like for you to “rate” your workout by circling 1-5 happy faces.

Check out our video link for more instructions:

https://www.youtube.com/watch?v=aBI0QPn_ME4

<i>Day of the Week</i>	<i>Exercise/Activity</i>	<i>Time Spent on Activity/Exercise</i>	<i>Rate your workout</i>
MONDAY			    
TUESDAY			    
WEDNESDAY			    
THURSDAY			    
FRIDAY			    

At the end of the week, add up how many happy faces you gave yourself! _____

If you complete a workout each and every day, you are doing an awesome job of staying active – ***way to go!!***

Idea Box:

Super Hero Commands (spider man, superman, etc.)

Obstacle Course (maybe one you created)

20 Mountain Climbers Body Builders

Go for a walk or jog 10 Burpees

Do a Tabata 20 Jumping Jacks 10 plank jacks

10 Shoulder taps 10 Lunges 10 Squats

Jump Rope Skier Jumps Bell Jumps

*Or add your own exercise!