

Name:

Fall Break Activity Assignment

Your assignment is to document your physical activity during your time away from school. We are striving to obtain an hour a day of activity. Our goal is for 3 Cardio-respiratory, 3 Flexibility and 2 Strength sessions per week. Sets of curl-ups and push-ups should be done every day. Think of them as "fitness snacks" 😊
Fresh Fruits and vegetables are wise nutritious food snacks. We should consume a minimum of 5 servings per day.

Activity Journal

October 19	October 20	October21	October22	October 23

