

Name _____

Teacher _____

12 Days of Fitness

On the first day of fitness complete the exercise of the day, color the box below, and write in the name of the exercise for day 1 on the back side of the paper. On the second day of fitness complete the exercise for day 2 *and* day 1, color the boxes, and write in the name of the day 2 exercise on the back side of the paper. Continue this for all 12 days, coloring in the boxes below as you go, and filling in the names of the exercises on the back. If you complete all of the 12 Days of Fitness Challenge, have your parents sign the bottom of the sheet (on back) and return completed sheet to Mrs. Mulloy for a special prize!

Day 1	1										
Day 2	2 1										
Day 3	3 2 1										
Day 4	4 3 2 1										
Day 5	5 4 3 2 1										
Day 6	6 5 4 3 2 1										
Day 7	7 6 5 4 3 2 1										
Day 8	8 7 6 5 4 3 2 1										
Day 9	9 8 7 6 5 4 3 2 1										
Day 10	10 9 8 7 6 5 4 3 2 1										
Day 11	11 10 9 8 7 6 5 4 3 2 1										
Day 12											

12 Days of Fitness Exercises

Exercise names and diagrams can be found on the gym doors or at <http://www.nbexcellence.org/faculty/mulloyk/mulloyk-12daysofFitness.cfm#d369697>

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

Parent Signature _____