



Olympic Fitness Challenge

25
SQUATS

50
**JUMPING
JACKS**

15
PUSH UPS

20
SIT UPS

10
BURPEES



Go for the GOLD!



Directions: Complete the Olympic workout on the opposite side of the sheet for as many days in September as you can. Using the calendar below, write your initials in each day you complete all of the exercises. The more days you complete, the closer you come to winning an Olympic GOLD medal! At the end of the month, add up your total number of days completed, have your parents sign the bottom of the sheet, and return to Mrs. Mulloy for your prize.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

13-19 days = Bronze Medal

20-24 days = Silver Medal

25-30 days = Gold Medal

Total Days Completed = _____

Parent Signature _____