

Mirror Lake's Fast Track to Fitness

Activity 1 / Pre K-2

Name: _____

Teacher/Grade: _____

Directions: Students must perform 20 pushups a day for a minimum of 20 days. Days do not have to be consecutive, however, there are only 28 days given to complete the activity. If the activity is completed, the student will earn their car to be placed on the track displayed on the gym wall. ***Parents must observe and initial each day activity is completed!!!!**

Beginning Date: Sept. 18

Ending Date: October 13

Day 1	_____	Day 8	_____	Day 15	_____
Day 2	_____	Day 9	_____	Day 16	_____
Day 3	_____	Day 10	_____	Day 17	_____
Day 4	_____	Day 11	_____	Day 18	_____
Day 5	_____	Day 12	_____	Day 19	_____
Day 6	_____	Day 13	_____	Day 20	_____
Day 7	_____	Day 14	_____		

***CONGRATULATIONS!**

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