

## BACK TO SCHOOL

# BRAIN BOOST CHALLENGE

Coming back to school can be a hard change but it is the perfect time to start your daily schedule off right. Exercise is GREAT at any time of day but there are *brain boosting* effects if done in the morning before school. Morning exercise can:

- Wake up your whole body
- Wake up your brain and prepare it for learning
- Increase your energy throughout the day so you feel less tired
- Put you in a good mood to start the day

Your challenge is to complete the Brain Boost Challenge as many days in September as you can. Track your progress by checking off the calendar days on the back side of the sheet. At the end of the month, bring in your parent signed challenge sheet to claim your prize and receive your completion certificate.

## MORNING FITNESS ROUTINE

10 PUSH-UPS

20 SQUATS

30 SIT-UPS

40 MOUNTAIN CLIMBERS

50 JUMPING JACKS

60 SECOND WALL SIT

50 JUMPING JACKS

40 MOUNTAIN CLIMBERS

30 SIT-UPS

20 SQUATS

10 PUSH-UPS

*\*\*\* If you are not a morning exercise person you can still participate by doing the exercises at a different time of day but I highly recommend giving it a try - you might like the results that morning exercise can bring you for the rest of the day! \*\*\**



*The way you START your day  
determines how well you LIVE  
your day!*

Place an X on the calendar for the days you complete the Brain Boost Challenge

						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	

# of Days Completed: \_\_\_\_\_

Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_