



October-FIT Spooktacular

Directions: Spell the word on each day of the calendar using the alphabet exercises below. At the end of the week, bring your prize day ticket, with parent signature, to your teacher for your special prize. If you complete the entire challenge, bring back the final prize ticket for a completion certificate and fitness charm.

a - 50 jumping jacks

b - 25 sit-ups

c - 20 push-ups

d - 30 mountain climbers

e - 50 ski jumps

f - 1 minute wall sit

g - 25 squats

h - 20 crab dips

i - 50 scissor jumps

j - 25 star jumps

k - 1 minute arm circles

l - 20 walking lunges

m - 1 minute plank

n - 25 sit ups

o - 15 burpees

p - 20 squat jumps

q - 25 squats

r - 50 jumping jacks

s - 1 minute superman

t - 20 push-ups

u - 50 high knees

v - 20 crab dips

w - 50 ski jumps

x - 25 star jumps

y - 30 mountain climbers

z - 1 minute wall sit

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						1 October	
2 Football	3 Black	4 Fall	5 Scarecrow	6 Cats	7 Apples	8 Witch	Prize Day! Parent Signature _____
9 Leaves	10 Pumpkins	11 Bonfire	12 Hayride	13 Ghost	14 Orange	15 Corn Maze	Prize Day! Parent Signature _____
16 Candy	17 Spiders	18 Boo	19 Gourd	20 Haunted	21 Bats	22 Spooky	Prize Day! Parent Signature _____
23 Harvest	24 Acorn	25 Broom	26 Full Moon	27 Cider	28 Autumn	29 Trick	Prize Day! Parent Signature _____
30 Treat	31 Halloween						Congratulations! Collect your final prize & certificate for your hard work! Parent Signature _____

