Holiday Fitness Challenge Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Room 10 Term 1 2016

***Exercise is a great way to build healthy habits, tough bones, strong muscles and to help with sleeping at night. It also creates confidence through successes.***

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| **Activity** | **Mon****18th** | **Tues****19th** | **Wed****20th** | **Thu****21st**  | **Fri****22nd** | **Sat****23rd** | **Sun****24th** | **Mon****25th** | **Tues****26th** | **Wed****27th** | **Thu****28th** | **Fri****29th** | **Sat****30th** | **Sun****1st** |
| Do 10 sit ups every day. If you do more see how many more you can do and record the number in the box. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hold a plank for at least 20 seconds every day. Try to improve your plank by seeing how long you can hold it for in the second week. Tick all days you plank at least 20 seconds for. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Do ten push-ups each day.If you want to improve your push ups see how many you can do in a row towards the end of the holidays. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Brush your teeth for two minutes twice a day while balancing on one leg. Tick the days you achieve this. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Aim for no sugary drinks for the whole holidays. Tick the days you achieve this. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Go for a walk/run to at least one of the following in the holidays: * Papamoa Hills
* Mount Maunganui Summit/base
* Waikareo Estuary.

Tick the day(s) you did this. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

 ***Bring this sheet back to Miss Gow on the first day of Term 2 (Monday 2nd May)***