

OCTOBER'S FITNESS IS SPOOKTACULAR

SKELETON

25 Tuck Jumps

20 Alternating Lunges

20 Flutter Kicks

JACK-O'-LANTERN

25 Mountain Climbers

20 Squats

20 Knee-to-Elbow Plank

VAMPIRE BAT

20 Jumping Jacks

20 Step-Ups

20 Scissor Abs

CHOOSE YOUR LEVEL OF SPOOK

SPOOKY! – 1 round of exercises
































SPOOKIER! – 2 rounds of exercises

SPOOKIEST! – 3 rounds of exercises

THE SPOOKTACULAR INSTRUCTIONS

1. Find the picture of a skeleton, pumpkin, or a vampire bat for the day. For example, October 1st has a skeleton. Therefore, on that day, you will do the *skeleton* workout listed.
2. On the calendar, initial each day you complete the workout. At the end of the month, add up the total number of days completed.
3. Have your parents sign the bottom of the calendar, and return it to your PE teacher for a certificate and a shoe token.

FITNESS IS SPOOKTACULAR

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 	31 	Keepingkidsinmotion.com	

Total Days Completed: _____ Parent Signature: _____

Grade: _____ Homeroom Teacher: _____