



FITNESS CHALLENGE

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Butterfly Kicks (20 seconds) 5 Tuck Jumps	2 5 Mountain Climbers 3 Sky Reaches	3 Butterfly Kicks (20 seconds) 5 Tuck Jumps	4 BACK TO SCHOOL TASK CARDS	5 5 Mountain Climbers 3 Sky Reaches	6 YOGA TASK CARD	7 Walk through a corn maze
8 Butterfly Kicks (30 seconds) 7 Tuck Jumps	9 7 Mountain Climbers 5 Sky Reaches	10 Butterfly Kicks (30 seconds) 7 Tuck Jumps	11 BACK TO SCHOOL TASK CARDS	12 7 Mountain Climbers 5 Sky Reaches	13 YOGA TASK CARD	14 Go for a bike ride
15 Butterfly Kicks (45 seconds) 10 Tuck Jumps	16 10 Mountain Climbers 8 Sky Reaches	17 Butterfly Kicks (45 seconds) 10 Tuck Jumps	18 BACK TO SCHOOL TASK CARDS	19 10 Mountain Climbers 8 Sky Reaches	20 YOGA TASK CARD	21 Hike your favorite trail
22 Butterfly Kicks (1 minute) 12 Tuck Jumps	23 15 Mountain Climbers 10 Sky Reaches	24 Butterfly Kicks (1 minute) 12 Tuck Jumps	25 BACK TO SCHOOL TASK CARDS	26 15 Mountain Climbers 10 Sky Reaches	27 YOGA TASK CARD	28 Toss a football with a friend
29 Butterfly Kicks (1 minute) 12 Tuck Jumps	30 15 Mountain Climbers 10 Sky Reaches	31 Butterfly Kicks (1 minute) 12 Tuck Jumps				

Back to School + Yoga Month - Use our September calendar for fitness exercise ideas and brain breaks to celebrate Back to School and National Yoga Month!

- YOGA - Refer to the task card and choose one, a combination, or all activities listed
- BACK TO SCHOOL - Refer to the task cards and choose one, a combination, or all activities listed

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

1

TASK CARDS

BACK TO SCHOOL BRAIN BREAKS

- Sit down in 10 different chairs/desks.
- March 100 steps behind your own desk.
- Give 10 different people a high five.
- Touch all 4 corners of the room.
- Move your math book around your waist 20 times.

HealthierGeneration.org



2

TASK CARDS

BACK TO SCHOOL BRAIN BREAKS

- Recite the alphabet while doing bicep curls.
- Hold a wall sit for 15 seconds at each wall. (Remember to have table top legs!)
- Tiptoe walk from across the room and back.
- Do 4 elbows to knees next to 6 different chairs/desks. Place a book on your head and walk for 12 steps.
- Walk backwards around your desk 5 times.

HealthierGeneration.org



TASK CARD

YOGA

- Tree pose
- Warrior pose
- Chair pose
- Downward facing dog pose
- Cat cow pose



HealthierGeneration.org

