



FITNESS CHALLENGE

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5 Cross Jacks 7 Skaters	2 MATH TASK CARD 1	3 5 Squat Side Kicks Speed Bag Punches (20 seconds)	4 5 Cross Jacks 7 Skaters	5 Play kickball with a family member
6 8 Cross Jacks 10 Skaters	7 7 Squat Side Kicks Speed Bag Punches (30 seconds)	8 8 Cross Jacks 10 Skaters	9 MATH TASK CARD 2	10 7 Squat Side Kicks Speed Bag Punches (30 seconds)	11 8 Cross Jacks 10 Skaters	12 Hike to the top of a mountain
13 10 Cross Jacks 12 Skaters	14 10 Squat Side Kicks Speed Bag Punches (40 seconds)	15 10 Cross Jacks 12 Skaters	16 MATH TASK CARD 3	17 10 Squat Side Kicks Speed Bag Punches (40 seconds)	18 10 Cross Jacks 12 Skaters	19 Create an obstacle course with household items
20 14 Cross Jacks 14 Skaters	21 12 Squat Side Kicks Speed Bag Punches (50 seconds)	22 14 Cross Jacks 14 Skaters	23 MATH TASK CARDS 1 & 2	24 12 Squat Side Kicks Speed Bag Punches (50 seconds)	25 14 Cross Jacks 14 Skaters	26 Set up a game of musical chairs and play with friends
27 20 Cross Jacks 18 Skaters	28 15 Squat Side Kicks Speed Bag Punches (60 seconds)	29 20 Cross Jacks 18 Skaters	30 MATH TASK CARD 3	31 15 Squat Side Kicks Speed Bag Punches (50 seconds)		

October Fitness Challenge Calendar – Use our October calendar for fitness exercise ideas, activities to do at home with family and friends, and Math themed brain breaks!

- MATH TASK CARDS – Refer to the Addition, Subtraction, & Multiplication Task Cards
- Skaters & Squat Side Kicks – Complete one rep by alternating each leg

Special thanks to:



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

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TASK CARDS

ADDITION

- $1 + 4 =$ Washing machine
- $5 + 3 =$ Rake the leaves
- $3 + 6 =$ Star jumps
- $9 + 1 =$ Chair dips
- $2 + 7 =$ High knees

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TASK CARDS

SUBTRACTION

- $7 - 3 =$ Wash the car
- $9 - 2 =$ Seated flutter kicks
- $10 - 4 =$ Hop on one foot, switch
- $8 - 1 =$ Butterfly legs
- $5 - 0 =$ Firework jumps

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TASK CARDS

MULTIPLICATION

- $5 \times 2 =$ Wall push-ups
- $8 \times 1 =$ Bear crawl
- $6 \times 4 =$ Marching in place
- $7 \times 4 =$ Chop down the tree
- $2 \times 9 =$ Walk the tight rope



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