<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>5 Cross Jacks 7 Skaters</td>
<td>1</td>
<td>MATH TASK CARD 1</td>
<td>2</td>
<td>5 Squat Side Kicks Speed Bag Punches (20 seconds)</td>
</tr>
<tr>
<td>8 Cross Jacks 10 Skaters</td>
<td>7</td>
<td>8 Cross Jacks 10 Skaters</td>
<td>8</td>
<td>MATH TASK CARD 2</td>
<td>9</td>
<td>7 Squat Side Kicks Speed Bag Punches (30 seconds)</td>
</tr>
<tr>
<td>10 Cross Jacks 12 Skaters</td>
<td>13</td>
<td>10 Squat Side Kicks Speed Bag Punches (40 seconds)</td>
<td>14</td>
<td>10 Cross Jacks 12 Skaters</td>
<td>15</td>
<td>MATH TASK CARD 3</td>
</tr>
<tr>
<td>14 Cross Jacks 14 Skaters</td>
<td>20</td>
<td>12 Squat Side Kicks Speed Bag Punches (50 seconds)</td>
<td>21</td>
<td>14 Cross Jacks 14 Skaters</td>
<td>22</td>
<td>MATH TASK CARDS 1 &amp; 2</td>
</tr>
<tr>
<td>20 Cross Jacks 18 Skaters</td>
<td>27</td>
<td>15 Squat Side Kicks Speed Bag Punches (60 seconds)</td>
<td>28</td>
<td>20 Cross Jacks 18 Skaters</td>
<td>29</td>
<td>MATH TASK CARD 3</td>
</tr>
</tbody>
</table>

**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: [HealthierGeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.
1

**TASK CARDS**

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

2

**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

Source: PA Task Cards
3

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

Source: PA Task Cards