

Mustang Movement Calendar November 2019

Student Name: _____ Classroom Teacher: _____ Grade: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Go for a 15 Minute walk with a friend or family member	2 Help a family member clean up the yard
3 Play Catch with a football	4 Jog two laps on the track at recess	5 Five 45 second planks after school before dinner	6 100 total squats throughout the evening	7 25 burpees in a row twice throughout the evening	8 Go for a 20-minute walk with a friend or family member	9 Help a family member clean up the yard
10 Kick a soccer ball around in the yard	11 Jog two laps on the track at recess	12 Five one-minute planks after school before dinner	13 125 total squats throughout the evening	14 25 burpees in a row three times during the evening	15 Go for a 25-minute walk with a friend or family member	16 Help a family member clean up the yard
17 Play catch with a football	18 Jog three laps on the track at recess	19 Five minute and a half planks after school before dinner	20 150 total squats throughout the evening	21 25 burpees in a row 4 times during the evening	22 Go for a 30-minute walk with a friend or family member	23 Help a family member clean up the yard
24 Kick a soccer ball around in the yard	25 Jog four laps on the track at recess	26 Five two-minute planks after school before dinner	27 175 total squats throughout the evening	28 Happy Thanksgiving! Stretch when you wake up	29 Go for a 35-minute walk, walking at the mall counts!	30 Help a family member clean up the yard

PLEASE CHECK OFF EACH DATE THAT YOU HAVE COMPLETED THE ACTIVITY OF, GET IT SIGNED BY A PARENT, AND RETURN IT TO MR. COURETASI SIGN BELOW:

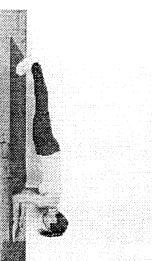
Burpee



Squat



Plank



Notice the proper form of our monthly Exercises