

# March 2020 PE Fitness Calendar

(Complete EACH Day & check off when completed) **Note:** If you miss a day, just make it up on the next day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
X	X	X	X	X	X	X
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
X	X	X	X	X	X	X
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
X	X	X	X	X	Run in place with a family member <b>20</b> times.	Complete <b>20</b> jumping jacks by yourself
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Complete <b>20 Toe, Belly, Back</b> with a brother or sister.	Challenge a family member to a <b>push-up challenge</b> . Who will win?	Play <i>Duck, Duck Goose</i> with family or friends.	<b>REST DAY</b>	See how many <b>sit-ups</b> you can do in 1 minute.	Complete <b>20 side bends</b> by yourself.	Hold hands with a family member or friend & complete <b>20</b> squats.
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<i>Free Choice</i> . Pick an exercise to do with your brother or sister.	Run <b>3</b> laps around your house. Make it fun & race someone.	<b>REST DAY</b>				