

Name: _____

Weekly Fitness Tracker

Per: _____

Dates: _____

Use this activity log to track your activity over the next week. Try to complete 30 - 60 minutes of activity per day. Be sure to incorporate a combination of cardiovascular and muscular strength/endurance activities. Adding to stretching to your daily activity is also an option. See the instructions sheet for ideas. Be creative or try something new! Please return this Friday afternoon. Parent Signature or Initial to verify your minutes (if possible).

	Activity	Activity	Activity	Total Minutes
Example	Run	30 Pushups 30 Crunches 30 Mountain Climbers	Shooting Hoops	60 minutes & Parent Signature
	Time 20 minutes	Time 10 minutes	Time 30 minutes	
Monday				
	Time	Time	Time	
Tuesday				
	Time	Time	Time	
Wednesday				
	Time	Time	Time	
Thursday				
	Time	Time	Time	
Friday				
	Time	Time	Time	

MAY THE FOURTH BE WITH YOU WORKOUTS



STORMTROOPER

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



40 high knees



20 half jacks



20 side leg raises



20 squats



10 push-ups



20 lunges



10 plank jump-ins



20 climbers

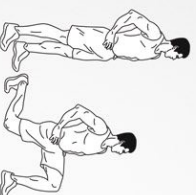


10 plank leg raises

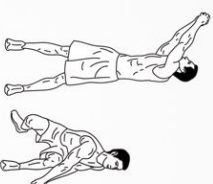
TRIED

TRIBUTE WORKOUT by @ darebee.com

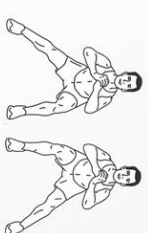
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 lunges



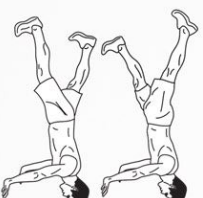
20 cross chops



20 side-to-side lunges



40sec one leg stand



20 plank leg raises



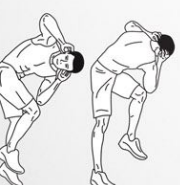
20 planks with rotations



20sec plank



20sec wide leg plank



20 knee-to-elbow crunches

MAY THE FOURTH BE WITH YOU WORKOUTS



MAY THE FORCE BE WITH YOU JEDI TRAINING

ODD NUMBER DAYS

- 20 JUMPING JACKS
- 10 WALL SIT LEG EXTENSIONS
- 20 PLANK JACKS
- 10 JUMP SQUATS

EVEN NUMBER DAYS

- 10 BURPEES
- 10 SQUATS
- 20 MOUNTAIN CLIMBERS
- 20 PLANK KNEE TUCKS

- **Level 1 - YOUNGLING**
Complete 2 Rounds
 - **Level 2 - PADAWAN**
Complete 3 rounds
 - **Level 3 - JEDI KNIGHT**
Complete 4 rounds
 - **Level 4 - JEDI MASTER**
Complete 5 rounds
- Choose a level which is challenging for you. Try to advance your level throughout the month. The ultimate goal is to become a Jedi Master by the end of the challenge.
 - Turn in your calendar at the end of the month to receive your Jedi certificate and shoe token.



STAR WARS

STAR WARS WORK OUT GAME

- FOR EVERY TIME A DROID BEEPS: 10 CRUNCHES
- EVERY SPEEDER THAT PASSES BY: 20 JUMPING JACKS
- LIGHT SABER POWERS UP: 30 SQUATS
- HAN BRAGS ABOUT THE MILLENNIUM FALCON: 9 PUSHUPS
- YODA USES BAD GRAMMER: 9 MOUNTAIN CLIMBERS
- C-3PO COMPLAINS: 4 BURPEES
- THE EMPEROR LAUGHS: 10 JUMP SQUATS
- A DROID EXPLODES: 10 LUNGES (9 FOR BOTH LEGS)
- ANYTHING EXPLODES: 10 JUMPING JACKS
- LEIA INSULTS SOMEONE: 19 SQUATS
- R2-D2 OR C-3PO GET DAMAGED: 10 LUNGES
- IT'S SOMEONES DESTINY: 40 JUMPING JACKS