In Dr. Seuss’ *ABC book*, he made the alphabet easy to learn by going from Big A, little a, all the way to Z for “Zizzer-Zazzer-Zuzz.” Now we are going to make **ALPHABET FITNESS BINGO** just as easy and exciting with our own ABC’s.

**How many words on the grid can you complete during the next 35 days?**

1. Locate and discuss the meaning of the Word of the Day on the calendar.
2. Match each letter of the word to the “Alphabet Fitness Key” to determine your workout.
3. Complete the Workout of the Day.

**Example:** M-U-S-C-L-E
- **M** - 5 Burpees
- **U** - 15 Squats
- **S** - 15 Mountain Climbers
- **C** - 10 Squats
- **L** - 10 Walking Lunges
- **E** - 20 Mountain Climbers

**Extension/Progression:** Discuss the word of the day with your parents. Can you use the word of the day in a sentence?
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<td>MUSCLE</td>
<td>FITNESS</td>
<td>SQUATS</td>
<td>AGILITY</td>
<td>MOTIVATE</td>
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<tr>
<td>YOGA POSE</td>
<td>BREATHE</td>
<td>WARM-UP</td>
<td>INTEGRITY</td>
<td>VITAMIN</td>
<td>ROUTINE</td>
<td>BALANCE</td>
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<td>COMMIT</td>
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<td>DEDICATION</td>
<td>VIGOR</td>
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</tbody>
</table>
ALPHABET FITNESS KEY

A - 20 Jumping Jacks
B - 20 Crunches
C - 10 Squats
D - 10 Pushups
E - 20 Mountain Climbers
F - 10 Burpees
G - 10 Arm Circles
H - 15 Squats
I - 5 Push-ups
J - 20 High Knees
K - 10 Push-ups
L - 10 Walking Lunges
M - 5 Burpees
N - 20 Second Plank
O - 20 Jumping Jacks
P - 10 Arm Circles
Q - 15 Crunches
R - 5 Pushups
S - 15 Mountain Climbers
T - 20 High Knees
U - 15 Squats
V - 10 Burpees
W - 30 Jumping Jacks
X - 15 Crunches
Y - 20 Jumping Jacks
Z - 20 Plank Shoulder Taps