

Due Date: Monday, April 13th 2020

Check each underline as completed and put what number you chose to do on the bottom of the page next to #

<p style="text-align: center;">Week ____ <i>Date:</i> _____</p> <p><u>Monday:</u> 2 times 20 Push-ups & 25 Curl-ups 20 Push-ups & 25 Curl-ups (10 min choice): ____ #</p> <p><u>Tuesday:</u> Choice activity: # ____</p> <p><u>Wed:</u> 2 times 20 Push-ups & 25 Curl-ups 20 Push-ups & 25 Curl-ups(10 min choice): ____ #</p> <p><u>Thursday:</u> Choice activity: # ____</p> <p><u>Friday:</u> 2 times 20 Push-ups & 25 Curl-ups 20 Push-ups & 25 Curl-ups(10 min choice): ____ #</p> <p>Parent Signature: _____</p>	<p style="text-align: center;">Week ____ <i>Date:</i> _____</p> <p><u>Monday:</u> 2 times 20 Push-ups & 25 Curl-ups 20 Push-ups & 25 Curl-ups (10 min choice): ____ #</p> <p><u>Tuesday:</u> Choice activity: # ____</p> <p><u>Wed:</u> 2 times 20 Push-ups & 25 Curl-ups 20 Push-ups & 25 Curl-ups(10 min choice): ____ #</p> <p><u>Thursday:</u> Choice activity: # ____</p> <p><u>Friday:</u> 2 times 20 Push-ups & 25 Curl-ups 20 Push-ups & 25 Curl-ups(10 min choice): ____ #</p> <p>Parent Signature: _____</p>
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Choice Activities (20 minute minimum)

#1: Walking **#2:** Jogging **#3:** Biking **#4:** In-line skating/rollerblading

#5: Skateboarding **#6:** Swimming

#7: Other Sports (e.g., basketball, soccer, field hockey, etc.)

#8: OTHER (Check with your teacher to make sure the activities are acceptable)

Please write the specific activity: _____