



ROLL in the NEW YEAR!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Student: _____ Total Days Completed: _____

Parent Signature: _____ Grade: _____ Teacher: _____

ROLL *in the* NEW YEAR!

Directions: Roll two dice and add the numbers together. The sum of the dice determines the exercise movement. Your workout should consist of at least 5 rolls of the dice. However, if you're feeling extra motivated, roll a few extra times to intensify your workout!



Roll a 2 – 5 pushups

Roll a 3 – 15 sit-ups

Roll a 4 – 15 squats

Roll a 5 – 20 mountain climbers

Roll a 6 – 10 burpees

Roll a 7 – 25 jumps

Roll an 8 – 10 lunges (5 each leg)

Roll a 9 – 25 side jumps

Roll a 10 – 20 plank shoulder touches

Roll an 11 – 30 jumping jacks

Roll a 12 – 20 high knees (10 each leg)

Complete the **ROLL in the NEW YEAR** fitness challenge throughout the month of January. Using the calendar, write your initials for each day you complete a workout. At the end of the month, have your parents sign the bottom of the calendar, and return it to Mr. Evans for a prize!