

ACHIEVERS CHALLENGE CHART

stay **healthy**. stay **active**. stay **home**.



Welcome to our MAY Achievers Challenge Chart Competition 2020! Just because we are at home doesn't mean we can't or shouldn't be healthy and active. We can use this time to be working on our strength, conditioning, flexibility, and shapes! You can compete with your friends or teammates, but more importantly compete with yourself and who you were yesterday. Strive to **ACHIEVE** more each day!



What's the Challenge? Attached you will find the challenge chart. It lists eighteen different stretches or exercises the you can (and should) be doing at least every few days at home. Each box has the time or amount of repetitions for each exercise. Once you have done the exercise fully, you have completed that challenge! You have from May 1st-31st to complete challenges.



How does it work? Starting at level one, you may do an exercise and have your parent initial in that box in the challenges row. You may complete up to one full level per day but may not repeat exercises. The next day you move across the board to the next level (no skipping around). You do not have to do all the exercises at the same time or even on the same day, so feel free to do them in the morning, evening, or whenever you are bored!



What are the prizes? At the top of the Challenge Chart you will see different levels, starting at bronze moving all the way up to platinum. Once you complete a full level you will earn a prize! Check the attached prize sheet to see exactly what you earned. But keep in mind, if you complete every level you will earn your name on an amazing banner that will hang in the gym!

ACHIEVERS challenge



complete each level by **May 31st**
and earn the AWESOME rewards

BRONZE = **CERTIFICATE**

SILVER = **RIBBON** •

GOLD = **MEDAL**

DIAMOND = **\$10 PRO-SHOP CREDIT** /

PLATINUM = **BANNER**