

OCTOBER'S TRICK OR TREAT, MOVE YOUR FEET

WHITE

25 Squat Jumps

20 Lunges

10 Burpees

ORANGE

25 Line Jumps

20 Squats

20 Second Plank

YELLOW

25 Jumping Jacks

20 Sit-Ups

20 Mountain
Climbers

TRICK OR TREAT, MOVE YOUR FEET.

Each Day of the week on the calendar is highlighted either white, orange, or yellow. For example, October 1st is highlighted orange. Therefore, on that day, you will do the **orange** workout posted above. Using the calendar below, write your initials on each day you complete the workout. At the end of the month, add up the total number of days completed, and return it to your teacher for an award certificate.

TRICK OR TREAT. MOVE YOUR FEET

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	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: _____

GRADE: _____ TEACHER: _____

TRICK OR TREAT. MOVE YOUR FEET

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	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: _____

GRADE: _____ TEACHER: _____

OCTOBER'S TRICK OR TREAT, MOVE YOUR FEET

WHITE

25 Squat Jumps

20 Lunges

10 Burpees

ORANGE

25 Line Jumps

20 Squats

20 Second Plank

YELLOW

25 Jumping Jacks

20 Sit-Ups

20 Mountain
Climbers

TRICK OR TREAT, MOVE YOUR FEET.

Each Day of the week on the calendar is highlighted either white, orange, or yellow. For example, October 1st is highlighted orange. Therefore, on that day, you will do the **orange** workout posted above. Using the calendar below, write your initials on each day you complete the workout. At the end of the month, add up the total number of days completed, and return it to your teacher for an award certificate.