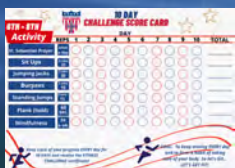


JOIN US IN A 10 DAY STUDENT FITNESS CHALLENGE



FEBRUARY 5-16

Program elements include:



Tracking Sheets



YouTube videos



Certificates



For more details

Modeled after President Kennedy's 1960 U.S. Presidential Physical Fitness Challenge. This is a fun 10 day exercise challenge 100% accessible by teachers online to keep students moving and active. Students are challenged to complete daily activities and track their progress in the following areas:

- Physical activities
- Prayer and Mindfulness
- Hydration and Healthy practices

Activities are tailored to 3 specific age groups. Each group has their own videos and tracking sheets appropriate for their age. Certificates are awarded to all who complete the program!

LET'S FORM SOME GREAT HABITS AND GET FIT TOGETHER!