

OCTOBER'S

FTNERS IS SPOOK FACULAR

JACK-O'-LANTERN

SKELLETON

VAMPIRE BAT

25 Mountain Climbers

25 Tuck Jumps

20 Jumping Jacks

20 Squats

20 Alternating Lunges

20 Step-Ups

20 Knee-to-Elbow Plank

20 Flutter Kicks

20 Scissor Abs

CHOOSE YOUR LEVEL OF SPOOK

SPOOKY! – 1 round of exercises

SPOOKER! – 2 rounds of exercises

SPOOKEST! – 3 rounds of exercises











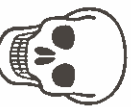






















THE SPOOK FACULAR INSTRUCTIONS

1. Find the picture of a skeleton, pumpkin, or a vampire bat for the day. For example, October 1st has a skeleton. Therefore, on that day, you will do the skeleton workout listed.

2. On the calendar, initial each day you complete the workout. At the end of the month, add up the total number of days completed.

3. Have your parents sign the bottom of the calendar, and return Mrs. Thayer for a chance to win a prize.

FITNESS IS SPOOKY ALL YEAR

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	 25  26 Keepingkidsinmotion.com	

Total Days Completed: _____ Parent Signature: _____

Grade: _____ Homeroom Teacher: _____