

HomeWorkOut Challenge Sheet # 1

FREQUENCY	INTENSITY	TYPE	TIME
witness/parent initials	easy/moderate/hard	activity description	minutes/repetitions
1. 2. 3.	Easy..Mod... Hard	soccer	20 mins
1. 2. 3.	Easy..Mod... Hard	basketball	20 mins
1. 2. 3.	Easy..Mod... Hard	play trees	15 mins
1. 2. 3.	Easy..Mod... Hard	catch with any type ball	15 mins
1. 2. 3.	Easy..Mod... Hard	tag	15 mins
1. 2. 3.	Easy..Mod... Hard	tennis	20 mins
1. 2. 3.	Easy..Mod... Hard	Frisbee	15 mins
1. 2. 3.	Easy..Mod... Hard	street hockey	20 mins
1. 2. 3.	Easy..Mod... Hard	balloon volleyball	15 mins
1. 2. 3.	Easy..Mod... Hard	bike	20 mins
1. 2. 3.	Easy..Mod... Hard	skateboard	20 mins
1. 2. 3.	Easy..Mod... Hard	jump rope	10 mins
1. 2. 3.	Easy..Mod... Hard	roller blade	20 mins
1. 2. 3.	Easy..Mod... Hard	play Simon sez	20 mins
1. 2. 3.	Easy..Mod... Hard	swim	one mile
1. 2. 3.	Easy..Mod... Hard	walk/jog/run	15 mins
1. 2. 3.	Easy..Mod... Hard	dribble basketball	10 mins
1. 2. 3.	Easy..Mod... Hard	walk up and down stairs	10 mins
1. 2. 3.	Easy..Mod... Hard	jog in place	3 five min sessions
1. 2. 3.	Easy..Mod... Hard	bounce any ball	10 mins
1. 2. 3.	Easy..Mod... Hard	formal sport practice/game	type _____ mins
1. 2. 3.	Easy..Mod... Hard	stationary bike/treadmill	15 mins
1. 2. 3.	Easy..Mod... Hard	Free choice _____	15 mins
1. 2. 3.	Easy..Mod... Hard	pass a football	15 mins
1. 2. 3.	Easy..Mod... Hard	push ups/crunches/jj	10 reps/4 sets
1. 2.	Eat 3-5 servings	of vegetables in 1 day	Make a list on back.
1.	List at least 10 good	things about you	on separate page
1.	List at least 10 good	things about your family	on a separate page.
1.	Write 5 reasons for	not smoking on a	separate page.
1.	Visit with someone	over the age of 65.	15+mins
1.	Help someone with	with a chore without	being asked.

Name _____ Hour _____ Start date _____ End date _____