

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
15 minute organizing (Monday has the most time because it is the beginning of the week. Better to spend a lot of time working Monday and have more time on Friday.)	10 minute organizing	5 minute organizing	5 minute organizing	5 minute organizing (my guess is you won't need as much time today as the other days!)	To organize yourself, go to Google Calendar and look at what is due when. Work on whatever is due first for that class. Plan out everything you will work on for that day.
Social Studies 40 minutes (+5 minute movement break)	Math 40 minutes (+5 minute movement break)	Science 40 minutes (+5 minute movement break)	ELA 40 minutes (+5 minute movement break)	Social Studies 20 minutes (+5 minute movement break)	These breaks are great for your PE log! You might not need to spend as much time in the PE elective, because you are doing them in between classes!
Math 30 minutes (+5 minute movement break)	Social Studies 30 minutes (+5 minute movement break)	ELA 30 minutes (+5 minute movement break)	Science 30 minutes (+5 minute movement break)	Math 20 minutes (+5 minute movement break)	
Elective 1 30 minutes (Art, PE, Band, Dance, etc.)	World Language 35 minutes	Elective 1 30 minutes (Art, PE, Band, Dance, etc.)	World Language (35 minutes)	Elective Needed 20 minutes (+5 minute movement break)	
45 minute break (Eat a snack or lunch!)	45 minute break (Eat a snack or lunch!)	45 minute break (Eat a snack or lunch!)	45 minute break (Eat a snack or lunch!)	45 minute break (Eat a snack or lunch!)	Make sure to choose something slightly healthy... even if you have something not so healthy after!
Science 25 minutes (+5 minute movement break)	ELA 20 minutes (+5 minute movement break)	Social Studies 25 minutes (+5 minute movement break)	Math 20 minutes (+5 minute movement break)	Science 20 minutes (+5 minute movement break)	
ELA 25 minutes (+5 minute movement break)	Science 20 minutes (+5 minute movement break)	Math 25 minutes (+5 minute movement break)	Social Studies 20 minutes (+5 minute movement break)	ELA 20 minutes (+5 minute movement break)	
Elective 2 30 minutes	Elective 3 30 minutes	Elective 2 30 minutes	Elective 3 30 minutes	World Language 35 minutes	

(Art, PE, Band, Dance, etc.)	(If you don't have 3 electives use this time as a study hall)	(Art, PE, Band, Dance, etc.)	(If you don't have 3 electives use this time as a study hall)		
195 minutes or 3 hours and 15 minutes	185 minutes or 3 hours and 5 minutes	185 minutes or 3 hours and 5 minutes	180 minutes or 3 hours	110 minutes or 1 hour and 50 minutes	This is the total amount of time you will spend working without breaks for that day. It is less than a half day of school!

Movement break ideas:

- Walking around your house. Count to 150 steps.
- 5 pushups, 10 sit ups, 15 jumping jacks
- 10 pushups, 25 sit ups, 30 jumping jacks
- Google "Just Dance" and your favorite song and do a dance video.
- Look below for some images of movement ideas.

eye rest

DAREBEE WORKOUT © darebee.com
20 seconds each exercise.



mini circles under brow



mini circles under eyes



half circles under eyes



half circles under brow



up and down rows
from eyes to brow



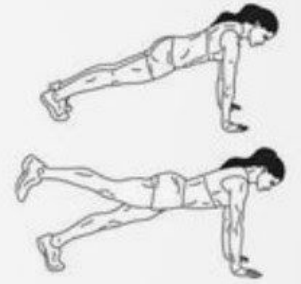
blackout



40 high knees



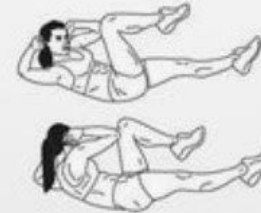
20 climbers



40 plank leg raises



40 high knees



20 knee-to-elbow crunches



40 raised leg crunches

4 WEEK SIT-UP CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Child	5	5	5	7	9	10
Beginner	25	25	25	28	32	35
Hard	50	50	50	55	55	60
REST	9	10	10	12	13	15
	36	36	37	39	39	40
	64	66	69	70	73	75
REST	17	17	19	19	19	20
	40	42	42	44	44	45
	76	78	80	83	84	85
REST	21	22	22	24	24	25
	42	42	43	45	48	50
	85	88	93	95	97	100

30 DAY ABS CHALLENGE

www.30dayfitnesschallenges.com

DAY 1	15 SIT UPS / 5 CRUNCHES 5 LEG RAISES / 10 SEC PLANK	DAY 16	REST DAY
DAY 2	20 SIT UPS / 8 CRUNCHES 8 LEG RAISES / 12 SEC PLANK	DAY 17	75 SIT UPS / 100 CRUNCHES 42 LEG RAISES / 65 SEC PLANK
DAY 3	25 SIT UPS / 10 CRUNCHES 10 LEG RAISES / 15 SEC PLANK	DAY 18	80 SIT UPS / 110 CRUNCHES 48 LEG RAISES / 70 SEC PLANK
DAY 4	REST DAY	DAY 19	85 SIT UPS / 120 CRUNCHES 50 LEG RAISES / 75 SEC PLANK
DAY 5	30 SIT UPS / 12 CRUNCHES 12 LEG RAISES / 20 SEC PLANK	DAY 20	REST DAY
DAY 6	35 SIT UPS / 15 CRUNCHES 15 LEG RAISES / 25 SEC PLANK	DAY 21	90 SIT UPS / 130 CRUNCHES 52 LEG RAISES / 80 SEC PLANK
DAY 7	40 SIT UPS / 20 CRUNCHES 20 LEG RAISES / 30 SEC PLANK	DAY 22	95 SIT UPS / 140 CRUNCHES 55 LEG RAISES / 85 SEC PLANK
DAY 8	REST DAY	DAY 23	100 SIT UPS / 150 CRUNCHES 58 LEG RAISES / 90 SEC PLANK
DAY 9	45 SIT UPS / 30 CRUNCHES 30 LEG RAISES / 38 SEC PLANK	DAY 24	REST DAY
DAY 10	50 SIT UPS / 50 CRUNCHES 30 LEG RAISES / 38 SEC PLANK	DAY 25	105 SIT UPS / 160 CRUNCHES 60 LEG RAISES / 95 SEC PLANK
DAY 11	55 SIT UPS / 65 CRUNCHES 33 LEG RAISES / 42 SEC PLANK	DAY 26	110 SIT UPS / 170 CRUNCHES 60 LEG RAISES / 100 SEC PLANK
DAY 12	REST DAY	DAY 27	115 SIT UPS / 180 CRUNCHES 62 LEG RAISES / 110 SEC PLANK
DAY 13	60 SIT UPS / 75 CRUNCHES 40 LEG RAISES / 50 SEC PLANK	DAY 28	REST DAY
DAY 14	65 SIT UPS / 85 CRUNCHES 42 LEG RAISES / 55 SEC PLANK	DAY 29	120 SIT UPS / 190 CRUNCHES 62 LEG RAISES / 115 SEC PLANK
DAY 15	70 SIT UPS / 95 CRUNCHES 42 LEG RAISES / 60 SEC PLANK	DAY 30	125 SIT UPS / 200 CRUNCHES 65 LEG RAISES / 120 SEC PLANK



20sec hero pose



20sec child's pose



20sec upward dog



20sec camel pose



20sec butterfly fold



20sec supine twist



20sec bridge



20sec knee-to-chest



20sec corpse pose

