




MARCH MADNESS

NAME: _____

TEACHER: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>This Month is March Madness. It is your chance to go crazy and show your silly side and have fun when moving. March Madness is Due April 3th (The Day Before Spring Break)</p>							
1 SPIN AROUND 10 TIMES THEN DO 10 JUMPING JACKS IN A ROW	2 HAPPY BIRTHDAY DR. SUESS READ A BOOK BY DR. SUESS	3 DO 100 AUSTRALIAN (UPSIDE DOWN) PUSHUPS	4 DRAW YOURSELF PLAYING A GAME AND ATTACH IT TO THE CALENDAR	5 DANCE THE CHICKEN DANCE IN A PUBLIC PLACE	6 BRUSH YOUR TEETH 3 TIMES TODAY FOR A BRIGHT WHITE SMILE	7 TELL A PARENT THE WORST JOKE EVER. DO 20 LUNGES IF THEY DON'T LAUGH	
8 DO 10 BURPIES AND SHOUT BURP AS LOUD AS YOU CAN WHEN YOU JUMP	9 TAKE A 20 MINUTE WALK AND SPELL EVERY STREET SIGN YOU SEE	10 EAT A SILLY SOUNDING FRUIT OR VEGETABLE	11 RUN AROUND WITH YOUR TONGUE OUT FOR 5 MINUTES	12 LOOK UP SIGN LANGUAGE FOR THANK YOU AND USE IT ALL DAY.	13 TAKE A SILLY SELFIE WITH ANY FAMILY MEMBER YOU WANT	14 PLAY TAG FOR 20 MINUTES WITH A PARENT	
15 FLIP A COIN HEADS = 10 SIT UPS TAILS = 10 PUSH UPS	16 SET A LEPRECHAUN TRAP IN YOUR BACK YARD	17 HAPPY ST. PATRICK'S DAY DO 25 LEPRECHAUN HEEL TAPS	18 SING YOUR FAVORITE SONG IN THE SHOWER AS LOUD AS YOU CAN	19 DO 5 CROSS JACKS WHENEVER YOU HEAR THE WORD HAPPY	20 DRAW A PICTURE OF LAUGHTER AND ATTACH IT TO THE CALENDAR	21 CRAB WALK FOR 5 MINUTES	
22 SET UP A GAME OF THE FLOOR IS LAVA IN YOUR HOUSE. PLAY 3 GAMES	23 PRETEND TO HULA HOOP WITH AN INVISIBLE HOOP FOR 3 MINUTES	24 HOLD 5 YOGA POSES OF YOUR CHOICE FOR 30 SECONDS EACH	25 WEAR SOCKS THAT DON'T MATCH AND DO 10 PUSHUPS WHENEVER SOMEONE NOTICES	26 MAKE UP A SILLY DANCE AND TEACH IT TO A PARENT	27 EAT 5 BRIGHT COLORED FRUITS OR VEGETABLES	28 SAY YES TO 5 RANDOM QUESTIONS TODAY	
29 DANCE THE MACARENA 5 TIMES TODAY	30 JUMP FOR JOY: DO 10 JUMP SQUATS 10 JUMP LUNGES 10 JUMPING JACKS	31 PLAY SHADOW TAG WITH A PARENT OR FRIEND FOR 10 MINUTES	22 - 25 DAYS  EARN 2 COOL BUCKS			25 - 27 DAYS  EARN 3 COOL BUCKS	
			27 - 31 DAYS  EARN 5 COOL BUCKS				

TOTAL NUMBER OF DAYS: _____

PARENT SIGNATURE: _____

MARCH MADNESS

WORKOUT GUIDE

DIRECTIONS: MARCH MADNESS IS FULL OF FUN AND SILLY TASKS. EARN A POINT BY COMPLETING EACH ZANY TASK LISTED IN THE BOX. KEEP TRACK OF ANY DAY YOU SUCCESSFULLY COMPLETE IN MARCH MADNESS BY MARKING OR COLORING IN THE BOX. THE MORE DAYS YOU DO, THE MORE BONUS “COOL BUCKS” YOU WILL EARN. AT THE END OF THE MONTH, ADD UP YOUR TOTAL NUMBER OF DAYS COMPLETED, HAVE YOUR PARENTS SIGN THE BOTTOM OF THE SHEET AND RETURN TO MR WILL FOR YOUR PRIZE.

NO MATTER WHAT YOU DO BE SURE TO SMILE, AND REMEMBER DON'T TAKE LIFE SO SERIOUSLY

(NOTE: IF THE DOG EATS YOUR HOMEWORK YOU CAN FIND THE HOMEWORK ONLINE: WWW.MRWILLPE.COM/HOMEWORK)

**REMEMBER: TO GET FULL CREDIT FOR THE DAY YOU MUST COMPLETE THE TASK IN THE BOX.
GOOD LUCK!**