

SHAPE-UP SEPTEMBER

NAME: _____

TEACHER: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10 HAVE YOU SEEN THE BYP2PE TRAILER YET	11	12	13	14
15	16	17	18	19	20	21
22	23 BRING YOUR PARENTS TO PE WEEK	24 BRING YOUR PARENTS TO PE WEEK	25 BRING YOUR PARENTS TO PE WEEK	26 BRING YOUR PARENTS TO PE WEEK	27 BRING YOUR PARENTS TO PE WEEK	28
29	30	REMEMBER: HOMEWORK IS OPTIONAL. TRY TO COMPLETE AS MANY DAYS AS POSSIBLE, IF YOU MISS A DAY YOU CANNOT MAKE IT UP.				
	25 - 26 DAYS = COOL		27 - 28 DAYS = COOLER		29 - 30 DAYS = COOLEST	
	 Earn 2 Cool Bucks		 Earn 3 Cool Bucks		 Earn 5 Cool Bucks	

TOTAL NUMBER OF DAYS: _____

PARENT SIGNATURE: _____

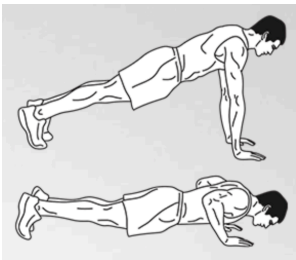
SHAPE-UP SEPTEMBER

WORKOUT GUIDE

DIRECTIONS: COMPLETE THE WORKOUT BELOW FOR AS MANY DAYS IN SEPTEMBER AS YOU CAN. USE THE CALENDAR ON THE BACK TO KEEP TRACK OF HOW MANY DAYS YOU COMPLETE THE FULL CHALLENGE. WRITE YOUR NAME IN EACH DAY YOU COMPLETE ALL OF THE EXERCISES. 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.

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

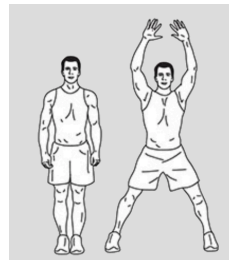
This Month's Daily Challenge:



**5
PUSH UPS**



**10
SQUATS**



**20
JUMPING JACKS**



**10
SIT UPS**



**5
BURPIES**

REMEMBER: TO GET FULL CREDIT FOR THE DAY YOU MUST DO THE FULL WORKOUT EVERY DAY. GOOD LUCK!