




TRICK 'R TRAINING

NAME: _____

TEACHER: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER HOMEWORK DUE OCTOBER 4TH		1 10 BURPIES	2 10 BURPIES 10 SIT UPS	3 10 BURPIES 10 SITUPS 10 LUNGES	4 10 BURPIES 10 SITUPS 10 LUNGES 30 SECOND PLANK	5 DRINK A TOTAL OF EIGHT GLASSES OF WATER TODAY
6 2x 10 BURPIES	7 2x 10 BURPS 10 SIT UPS	8 2x 10 BURPIES 10 SIT UPS 10 LUNGES	9 2x 10 BURPIES 10 SITUPS 10 LUNGES 30 SECOND PLANK	10 2x 3 WEEKS TO HALLOWEEN: WALK OR JOG YOUR TRICK OR TREATING ROUTE	11 3x 10 BURPIES	12 3x 10 BURPIES 10 SIT UPS
13 3x 10 BURPIES 10 SITUPS 10 LUNGES	14 3x 10 BURPIES 10 SITUPS 10 LUNGES 30 SECOND PLANK	15 OCTOBER IS FIRE SAFETY MONTH: TEST YOUR SMOKE DETECTORS	16 20 BURPIES	17 20 BURPIES 20 SIT UPS	18 20 BURPIES 20 SITUPS 20 LUNGES	19 20 BURPIES 20 SITUPS 20 LUNGES 30 SECOND PLANK
20 MR WILL'S BIRTHDAY (FREE SPACE)	21 2x 20 BURPIES	22 2x 20 BURPIES 20 SIT UPS	23 2x 20 BURPIES 20 SITUPS 20 LUNGES	24 2x 20 BURPIES 20 SITUPS 20 LUNGES 30 SECOND PLANK	25 ONE WEEK TILL HALLOWEEN CHECK YOUR FLASHLIGHT BATTERIES	26 3x 20 BURPIES (FALL FAIR)
27 3x 20 BURPIES 20 SIT UPS	28 3x 20 BURPIES 20 SITUPS 20 LUNGES	29 3x 20 BURPIES 20 SITUPS 20 LUNGES 30 SECOND PLANK	30 HALLOWEEN EVE GO TO BED EARLY (BEFORE EIGHT PM)	31 HAPPY HALLOWEEN! GO TRICK OR TREATING FOR 30 MINUTES	OCTOBER HOMEWORK DUE NOVEMBER 4TH	
		23 - 26 DAYS = COOL  Earn 2 Cool Bucks		27 - 29 DAYS = COOLER  Earn 5 Cool Bucks		30 - 31 DAYS = COOLEST  Earn 10 Cool Bucks

TOTAL NUMBER OF DAYS: _____

PARENT SIGNATURE: _____

TRICK 'R TRAINING WORKOUT GUIDE

DIRECTIONS: COMPLETE THE WORKOUT LISTED IN EACH BOX OF THE CALENDAR FOR OCTOBER. KEEP TRACK OF ANY DAY YOU SUCCESSFULLY COMPLETE BY 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.

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

THIS IS THE DATE OF THE CHALLENGE OF THE DAY

THESE ARE THE EXERCISES FOR THE DAY. YOU MUST PERFORM THE EXERCISES TO COMPLETE THE DAY.

9	2x
10 BURPIES	
10 SITUPS	
10 LUNGES	
30 SECOND PLANK	

THIS IS THE NUMBER OF TIMES YOU MUST COMPLETE ALL OF THE EXERCISES TO COMPLETE THE DAY

REMEMBER: YOU CAN TAKE BREAKS IN THE MIDDLE OF THE WORKOUT IF YOU GET TIRED. BUT REMEMBER, TO GET FULL CREDIT FOR THE DAY YOU MUST DO THE FULL WORKOUT THE FULL NUMBER OF TIMES. GOOD LUCK!