




Welcome Back Workout

NAME: _____

TEACHER: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy Winter Break				2 3 4 Welcome Back Workout Must be turned in by February 7, 2025		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1 HOMEWORK DUE FRIDAY
18 - 19 DAYS = COOL  Earn 2 Cool Bucks		20 - 21 DAYS = COOLER  Earn 3 Cool Bucks		22 - 23 DAYS = COOLEST  Earn 5 Cool Bucks		

TOTAL NUMBER OF DAYS: _____

PARENT SIGNATURE: _____

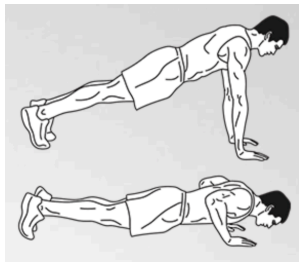
Welcome Back Workout

WORKOUT GUIDE

DIRECTIONS: COMPLETE THE WORKOUT BELOW FOR AS MANY DAYS IN JANUARY 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. DON’T FORGET THAT THE WELCOME BACK WORKOUT HOMEWORK IS DUE FEBRUARY 7, 2025

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

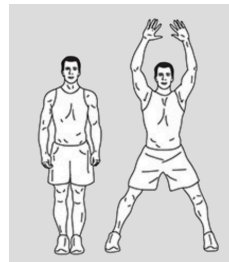
This Month’s Daily Challenge:



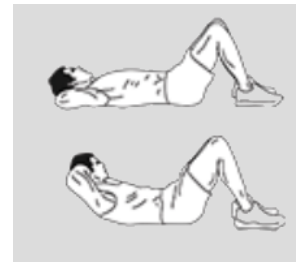
**10
PUSH UPS**



**15
SQUATS**



**30
JUMPING JACKS**



**15
SIT UPS**



**10
BURPIES**

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