Welcome Back Workout

NAME: _____

TEACHER: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Happy Winter Break		
4	5	6	7	8	9	10
Welcome Back Workout Must be turned in by February 6, 2026						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
	19 - 20 DAYS = COOL  Earn 2 Cool Bucks		**21 - 22 DAYS = COOLER**  Earn 3 Cool Bucks		**23 - 24 DAYS = COOLEST**  Earn 5 Cool Bucks	

TOTAL NUMBER OF DAYS: _____

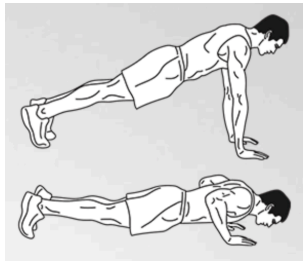
PARENT SIGNATURE: _____

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 6, 2026

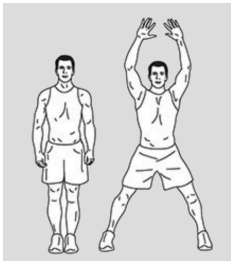
(NOTE: IF THE DOG EATS YOUR CALENDAR YOU CAN FIND THE CALENDAR ONLINE: WWW.MRWILLPE.COM/PEHOMEWORK)

This Month's Daily Challenge:

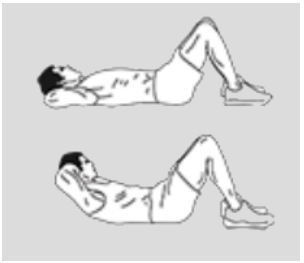


10
PUSH UPS

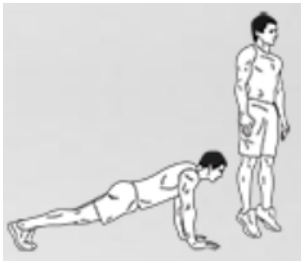
15
SQUATS



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!