

Conditioning

Target: Perform 30 minutes of physical fitness in any of the following ways. Please have a parent or guardian sign off after you have performed one of these tasks.

1. _____ Shovel snow
2. _____ 30 Sit ups/ 30 Crunches/ 30 Body Squats/ 30 Dips/ 30 Planks
3. _____ Go to Kids America
4. _____ Wii Fitness/ Wii Sports

Parent Signature _____ Date _____