

Hello parents and/or guardians of my fifth-grade class, we have been talking in class more about health, fitness, and the benefits of fitness. This is to help with eating healthy and exercising regularly on a scheduled basis so that it is easier to be visualized for them. Attached is a calendar labeled every other day with a healthy snack and an exercise to do so that it is easy for them to look at and know what to do. I hope that this is able to benefit everyone involved. If you have any questions feel free to email me at kboulware@ivytech.edu.

Best wishes,

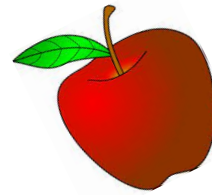
Mr. Boulware

FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Orange slices	1 Ants on a log	2 Bike ride	3 Peanut butter and jelly crackers	4 Push-ups	5 Grilled cheese	6 Sit ups
7 Orange slices	8 Jumping jacks	9 Applesauce	10 Jumping jacks	11 Apples	12 Laps in or outside the house	13 Banana
14 Run in place	15 Baby Carrots	16 Windmills	17 Eggs	18 Go for a jog down the street	19 Popcorn	20 Jump rope
21 Yogurt	22 Kickball with friends or family	23 Trail mix	24 Makeshift soccer	25 Pretzels	26 Play catch with someone	27 Fruit snacks
28 Dribble a basketball	1 Granola bar	2 Just walk around outside	3 Pear	4 Russian twists with a ball	5	6



Snacks



- Ants on a log (2-3 each)
- Apples (1 each)
- Trail mix (1 small package each)
- Pb and j crackers (1 pack each)
- Banana (1 each)
- Pretzels (1 handful)
- Grilled cheese (1 each)
- Baby Carrots (6-8 each)
- Fruit snacks (1-2 packs)
- Orange slices (3-4 each)
- Eggs (1-2 each)
- Granola bar (1 each)
- Applesauce (1 serving size each)
- Popcorn (2 handfuls)
- Pear (1 each)
- Yogurt (1 each)



Activities



- Bike ride (1 time 30min-1hr, medium intensity)
- Jump rope (10-15 times until done, medium intensity)
- Push ups (5-10 reps until done, medium intensity)
- Kickball with friends or family (play 30 minutes minimum, medium-high intensity)
- Sit ups (5-10 reps until done, medium intensity)
- Makeshift soccer (play until you have 10 points, medium-high intensity)*
- Jumping jacks (10-15 reps until done, medium intensity)
- Play catch with someone (15-30min, low-medium intensity)
- Laps in or outside the house (2-3 laps until done, medium-high intensity also depends on temperature)
- Dribble a basketball (10-15 min, low intensity)
- Run in place (5-10 min until done, high intensity)
- Just walk around outside (30min minimum, low-medium intensity also depends on temperature)
- Windmills (10 full rotations both ways until done, low intensity)
- Russian twists with a ball (10-15 each side until done, medium-high intensity)
- Go for a jog down the street (1 time 30 min roughly, medium-high intensity)



*Makeshift soccer can be made by putting a box on the ground and kicking a ball into it or putting two objects down and kicking the ball between them.