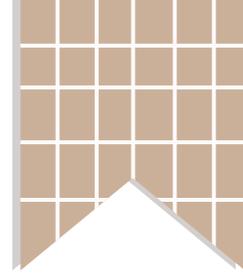




# WEEK 4



NAME :

TOTAL POINTS  
FOR THE WEEK:

## MONDAY

Water Points: ① ② ③ ④ ⑤

Step Points: ① ② ③

Fitness Bingo ①

## TUESDAY

Water Points: ① ② ③ ④ ⑤

Step Points: ① ② ③

Dot-to-Dot ①

## WEDNESDAY

Water Points: ① ② ③ ④ ⑤

Step Points: ① ② ③

Inside Out Emotions: ①

## THURSDAY

Water Points: ① ② ③ ④ ⑤

Step Points: ① ② ③

Why we need water: ①

## FRIDAY

Water Points: ① ② ③ ④ ⑤

Step Points: ① ② ③

Fit Athlete Badges: ①

## SATURDAY

Water Points: ① ② ③ ④ ⑤

Step Points: ① ② ③

Music for my Soul: ①

## SUNDAY

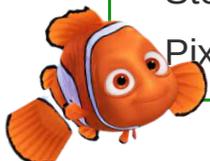
Water Points: ① ② ③ ④ ⑤

Step Points: ① ② ③

Pixar Coloring & Maze: ①

## BONUS POINT TASKS:

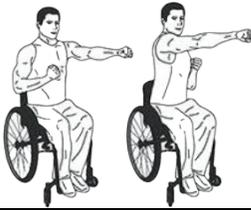
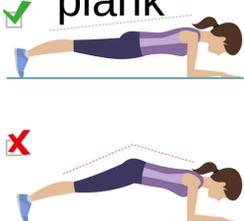
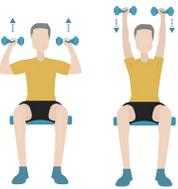
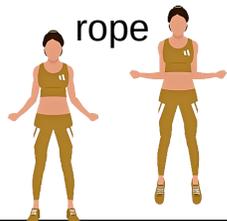
- ① No Squat Leg Workout
- ① Food Label Scavenger Hunt



# FALL FITNESS BINGO



Mark the picture on the bingo card of the exercises you do. Once you pick a Bingo line, repeat the series of exercises 3 times to create a workout. The goal is to fill up the card or get 3 Bingos during the week to complete the task!

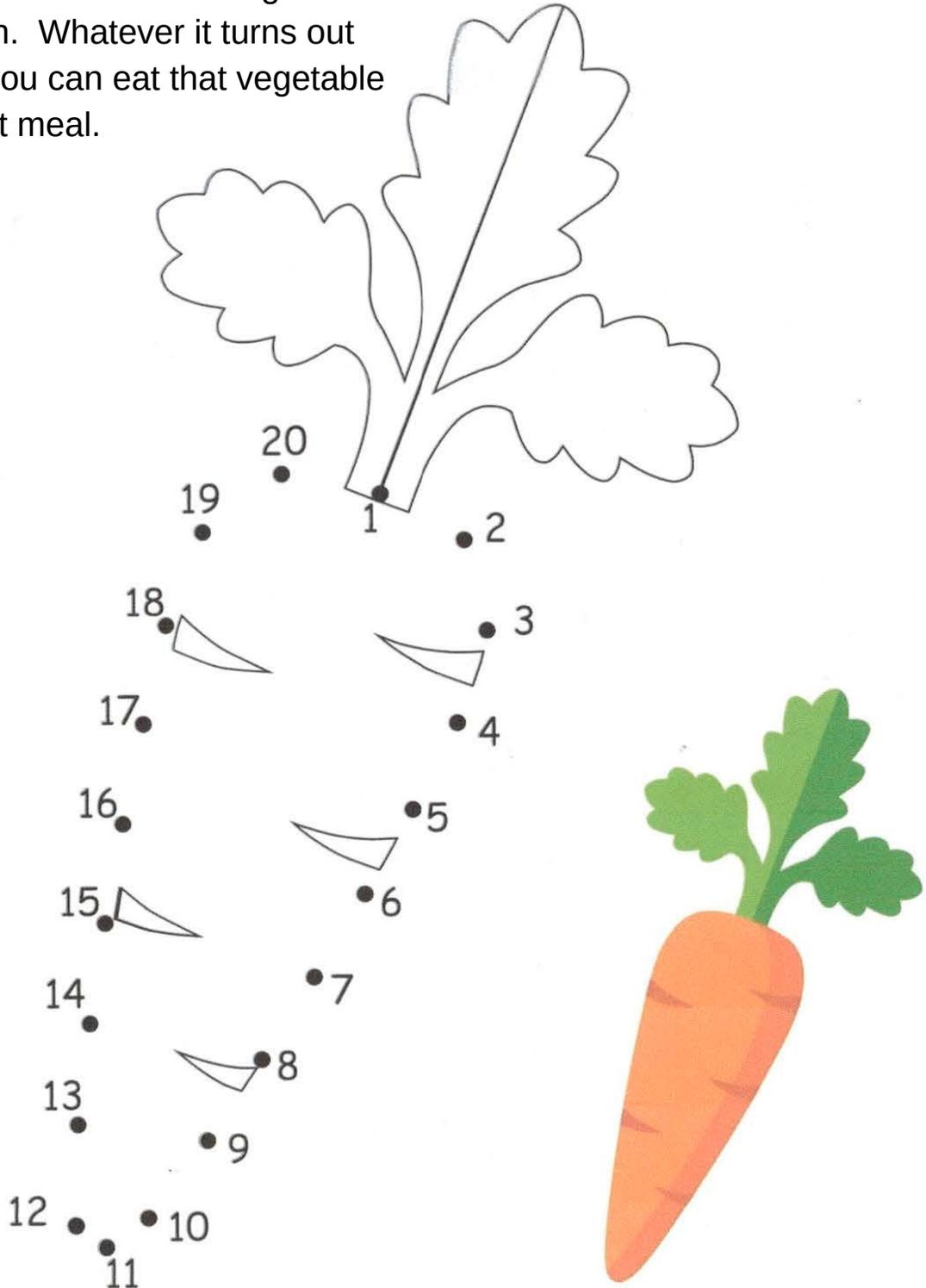
<p>1 minute of quick punches</p> 	 <p>Dance for 5 minutes</p>	 <p>15 calf raises</p>	<p>12 mountain climbers</p> 
 <p>5 side lunges each leg</p>	<p>Jog in place for 30 seconds</p> 	 <p>10 jump squats</p>	<p>10 Squats</p> 
<p>10 torso twists on each side</p> 	<p>10 second plank</p> 	<p>Exercise of your choice</p>	 <p>8 push ups</p>
 <p>10 step ups each leg</p>	 <p>10 overhead press</p>	<p>30 second invisible jump rope</p> 	<p>Single leg stance 30 seconds each leg</p> 

# Dot-to-Dot

## Carrot



Connect the dots to find the vegetable then color it in. Whatever it turns out to be, see if you can eat that vegetable with your next meal.



# Inside Out: Getting to Know My Emotions

	When I Feel	It feels like...	It sounds like...	A memory when I felt like that is...
	<b>Sadness</b>			
	<b>Disgust</b>			
	<b>Joy</b>			
	<b>Anger</b>			
	<b>Fear</b>			

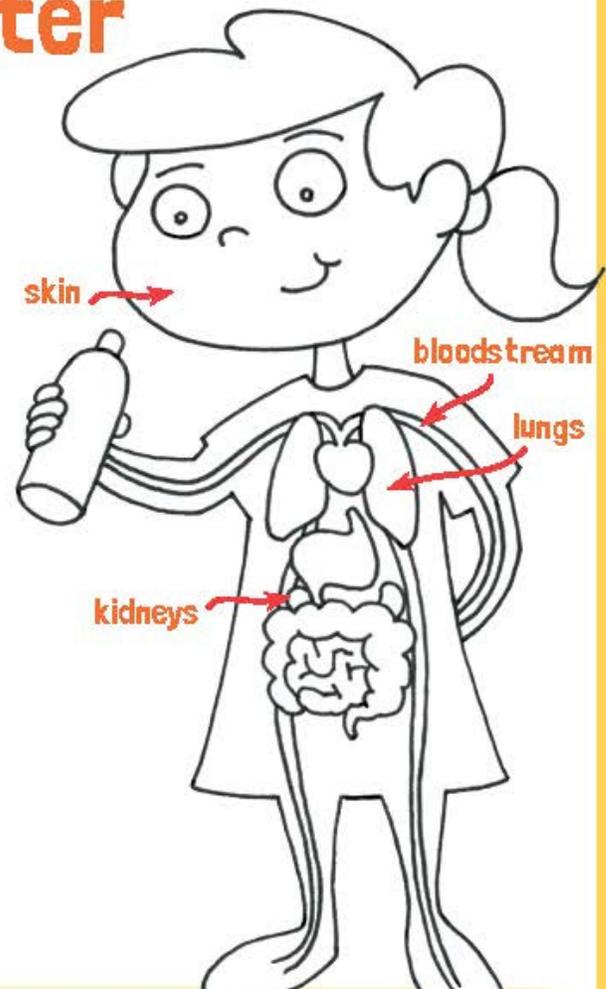
Emotional Awareness helps us to know what we need and want (or don't want). As we build emotional awareness we can learn to communicate our feelings better and that will help us be happier and maintain our relationships better.



# Why We Need Water

Your body needs water in all of its cells, organs, and tissues in order to work properly. Find out some of the ways water helps keep you hydrated by completing these sentences with the correct body part. The first letter is already filled in to help you get started, and you can find all the body parts labeled on the diagram.

1. Water helps carry nutrients and oxygen through the **b** \_\_\_\_\_.
2. Water removes waste through the **k** \_\_\_\_\_.
3. Water regulates temperature through your **s** \_\_\_\_\_.
4. Water helps replace the moisture lost through your **l** \_\_\_\_\_ when you breathe.



Answers: 1-bloodstream; 2-kidneys; 3-skin; 4-lungs.



## Signs of Dehydration:

- Feeling thirsty
- Less urination and darker urine color
- Unexplained tiredness
- Headaches
- Dry mouth
- Dizziness
- Decrease in mental awareness



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# Fit Athlete Badges



In UP Russell is a member of the Wilderness Explorer Club and he earns badges by completing skill-building activities.

Today you are a part of the Fit Athlete Club!

Complete the activity to earn the badge and cut it out and paste on your sash on the next page.

20 Sec Plank



No Soda Day



Jog in Place for 2 min



Call a friend and make them smile



Drink 3 bottles of water



Eat a healthy meal



Stretched



Practice a sport



Walk 10,000 steps



Practice positive affirmations



10 push ups



Encourage a teammate



8 hours of sleep



No fast food day



Ate a green vegetable



Danced for more than 10 minutes



Sing out loud



Thank someone in your life



Ate a Fruit



Do strength workout



# Fit Athlete Badges



# Music for my Soul



Music can be very powerful. Sometimes we use it to change our moods, and other times we choose songs that can relate to how we're feeling in the moment. Use this worksheet to share about music and how it may impact your mood.

A song I listen to when I'm feeling sad...

A song I listen to when I'm feeling angry...

My favorite music group of all time...

A song that makes me dance every time I hear it...

My favorite place to listen to music...

A song that best describes me...

My favorite song lyrics...

My favorite musician of all time...



A song that gets me pumped up...

A song that reminds me of my favorite person...

A musician that I can't stand to listen to...

My guilty pleasure song...

A song that calms me down when I'm anxious...

A song that makes me feel good about myself...

A song that makes me cry...

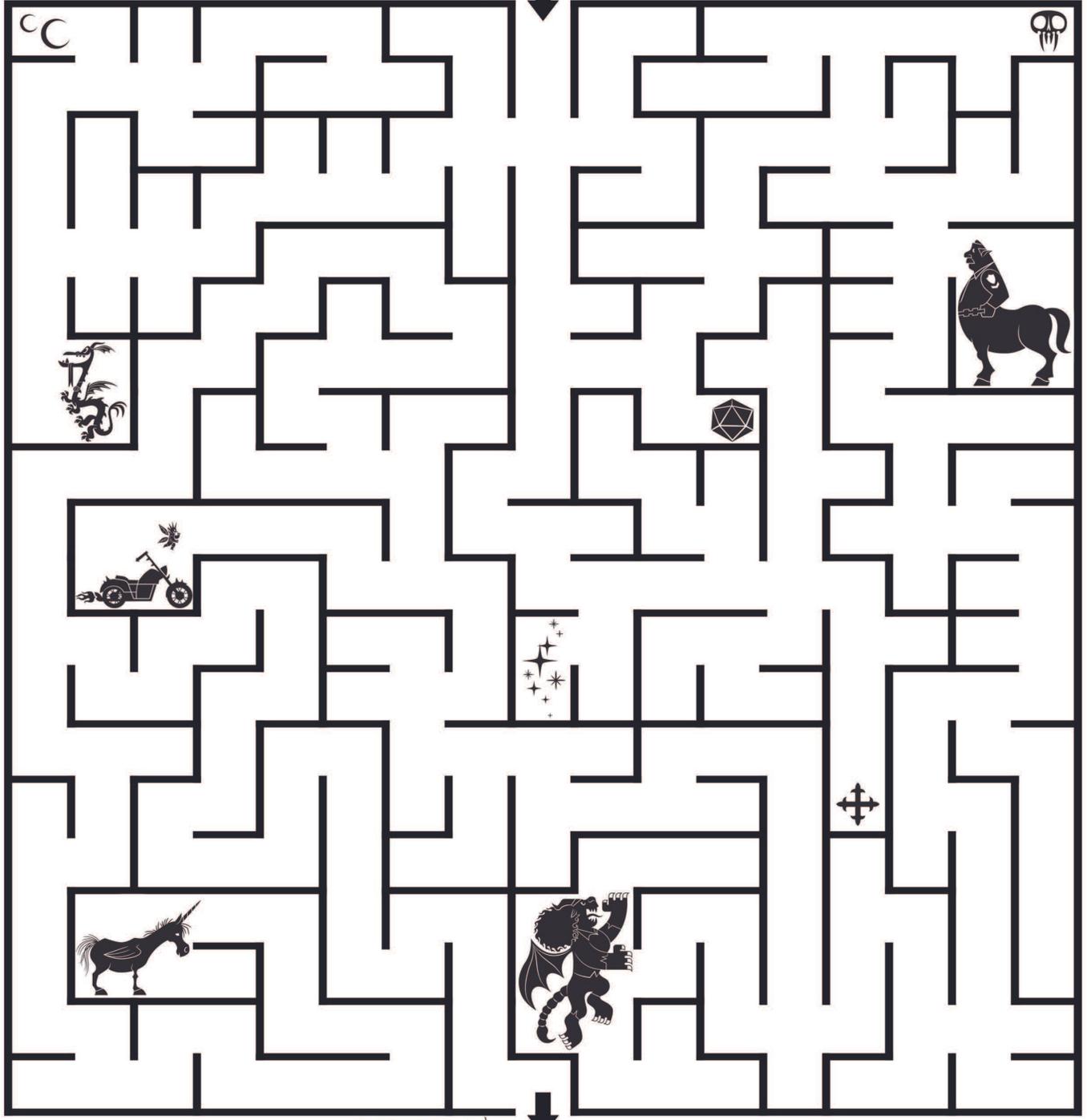
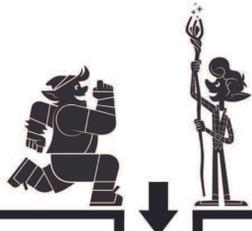
Disney · PIXAR

# TURNING RED



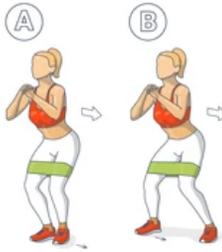
Disney · PIXAR  
**ONWARD**  
NOW ON DIGITAL

HELP BARLEY AND IAN  
GET TO GUINEVERE



# No Squat Leg Workout

DO EACH EXERCISE 10 TIMES EACH (10 REPS). START BY DOING 3 ROUNDS (SETS) AND WORK UP TO 5 ROUNDS (SETS)



## Banded Side Steps

10 each way using a band just above your knees.

Or switch it up and put the band about the middle of your calves and keep your legs straight



## Reverse Leg Lifts

10 on each leg

Make it harder by using a band just above your ankle. Make it easier by doing it without a band. Hold on to the back of a chair or the wall if you need to.



## Side Leg Lifts

10 on each leg

Make it harder by using a band just above your ankle. Make it easier by doing it without a band. Hold on to the back of a chair or the wall if you need to.



## Straight Leg Dumbbell Deadlift

10 on each leg

You can use water bottles or cans or anything you have at home for a weight



## Single Leg Calf Raises

10 on each leg

Hold on to the back of a chair or the wall if you need to.



## Wall Sits

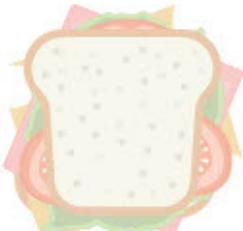
Start at 10 seconds and increase to 30 seconds if you can with good form.

Make sure you are low enough, it is not a wall lean it is a wall sit

# FOOD LABEL SCAVENGER HUNT



You'll need to find items that have these characteristics. Write the name of the product next to the characteristic you're trying to find

 <p>Contains whole grains</p> <p>_____</p>		<p>Is Juice</p>  <p>_____</p>
<p>Is a "rich in" or a "good source" of calcium</p> <p>_____</p> 	 <p>Contains sugar that is listed as another name</p> <p>_____</p>	<p>Has more than 5 g of protein in a serving</p>  <p>_____</p>
<p>Has more than 200 calories in a serving</p>  <p>_____</p>	<p>Has more than 20 g of sugar in a serving</p> <p>_____</p>	<p>Has more than 3 g fiber in a serving</p>  <p>_____</p>
	<p>Has more than 500 mg sodium in a serving</p> <p>_____</p>	

Does not have added sugar in it \_\_\_\_\_