

MUSTANG MUSCLE BOOT CAMP

#MustangMuscleNHESGoodToGreat

Checklist



Student Name _____ Grade _____ Teacher _____

Week of _____

(Choose 5 activities, 10 minutes on each activity-Total for week 50 minutes)

All activities require parent permission!!

- Go for a walk
- Jog in place (taking breaks as needed)
- Sit-ups or push-ups
- Stretches (stretch high to the sky, then to the ground, side to side)
- Dance to your favorite music
- Hop like a bunny or frog
- Skip around the yard or house
- Jumping Jacks
- Clean-up race (How much can you clean in 10 minutes?)
- Plan a healthy meal/snack as a family
- My Choice _____
- My Choice _____

PARENT SIGNATURE _____