

21-Day Colorful Mile Challenge

This is the perfect challenge for those of us needing a kickstart for spring. Complete Every Day for a Prize! Random drawings all challenge long!

Commit to: <ul style="list-style-type: none"> • Nutrition: Consume at least 3 different colors (veggies & fruits) every single day of the challenge. You get bonus points for consuming 5 colors in a day! • Activity: Do the daily fitness challenge <i>or walk an extra mile every single day of the challenge</i> • You may do one minute in the morning, another in the afternoon, etc. short bursts are fine as long as you complete the day's activity goal. • <i>Not sure what the activity is? See links here: http://www.58fitness.com/workout-links.php</i> • <i>Have a better way to log? Have at it! Just send me a log showing you've done it!</i> 					MARCH 16 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 3 minutes plank (can modify)	17 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 10 reps 1 minute jump rope (through day)
18 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 5 reps x 1 minute wall sit	19 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 5 reps x 1 minute hip lift	20 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 5 reps x 1 minute squats	21 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 4 minutes plank (can modify)	22 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 10 reps x 1 min. jumprope	23 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 50 pushups today	24 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 50 walking lunges
25 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 5 minutes plank (can modify)	26 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 5 reps x 1 minute wall sit	27 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 70 pushups today	28 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 10 reps x 1 min jumprope	29 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 5 minutes plank (can modify)	30 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 6 reps x 1 minute squats	APRIL 1 ST Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ Inchworms – 50 (can split)
2 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 10 reps x 1 min jump rope	3 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 80 pushups today	4 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 8 reps x 1 minute hip lifts	5 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 100 squats (can split)	6 Red___ Green___ Yellow/Orange___ White___ Blue/Purple___ Activity: __ 10 minutes plank (can split)	EMAIL LOG TO mkruse@center.k12.mo.us	