

Jaguar Heart Healthy Fitness Challenge

Grade	Monday	Tuesday	Wednesday	Thursday	Friday
K+1	50 Jumping Jacks	30 Jump Squats	Walk 20 minutes	30 Mountain Climbers	10 Side Lunges
2-5	75 Jumping Jacks	50 Jump Squats	Walk 30 minutes	50 Mountain Climbers	20 Side Lunges

Regular Weekly Challenge will be : 500 Seal Jumping Jacks and 200 leg raises (total for the week)

