



FITNESS TRACKER

Spring Break Challenge

LOG MINUTES OF BEING PHYSICALLY ACTIVE DURING

SPRING BREAK (MARCH 17-21).

PHYSICALLY ACTIVE CAN BE ANYTHING THAT GETS YOUR BODY MOVING. RECORD YOUR ACTIVITY AND YOUR MINUTES.

SCREENSHOT YOUR COMPLETED

"SPRING BREAK FITNESS CHALLENGE"

TRACKER AND EMAIL IT TO COACH GREGORY AT

CRYSTAL.GREGORY@OSCEOLASCHOOLS.NET

TO BE ENTERED INTO A DRAWING FOR A CHANCE TO WIN FITNESS ITEMS. YOU MAY ALSO PRINT THE "SPRING BREAK FITNESS CHALLENGE" TRACKER ON YOUR OWN AND TURN IT INTO COACH GREGORY WHEN WE RETURN FROM BREAK.

EMAIL OR TURN IN YOUR PAPER TO COACH GREGORY BY WEDNESDAY, MARCH 26, 2025 TO BE ENTERED INTO THE DRAWING. DRAWING WILL TAKE PLACE ON FRIDAY, MARCH 28, 2025!

Monday Fitness-March 17:

Tuesday Fitness March 18:

Wednesday Fitness March 19:

Thursday Fitness March 20:

Friday Fitness March 21:

