

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
					<u>1</u> 10 Jumping Jacks	<u>2</u> REST
<u>3</u> 11 Jumping Jacks	<u>4</u> 12 Jumping Jacks	<u>5</u> 13 Jumping Jacks	<u>6</u> 14 Jumping Jacks	<u>7</u> 15 Jumping Jacks	<u>8</u> 16 Jumping Jacks	<u>9</u> REST
<u>10</u> 17 Jumping Jacks	<u>11</u> 18 Jumping Jacks	<u>12</u> 19 Jumping Jacks	<u>13</u> 20 Jumping Jacks	<u>14</u> 21 Jumping Jacks	<u>15</u> 22 Jumping Jacks	<u>16</u> REST
<u>17</u> 23 Jumping Jacks	<u>18</u> 24 Jumping Jacks	<u>19</u> 25 Jumping Jacks	<u>20</u> 26 Jumping Jacks	<u>21</u> 27 Jumping Jacks	<u>22</u> 28 Jumping Jacks	<u>23</u> REST
<u>24</u> 29 Jumping Jacks	<u>25</u> 30 Jumping Jacks	<u>26</u> 31 Jumping Jacks	<u>27</u> 32 Jumping Jacks	<u>28</u> 33 Jumping Jacks	<u>29</u> 34 Jumping Jacks	<u>30</u> 35 Jumping Jacks

Name _____

Dept. _____

30 DAY JUMPING JACKS CHALLENGE

Take the 30 Day Jumping Jacks Challenge in April. The challenge has 1 exercise to do each day and can be done over the course of the entire day.

The number of exercises each day slowly increases to help you build up your endurance gradually, ensuring you are able to complete the challenge.

Check off the calendar box each day you complete the activity.

Complete the challenge from April 1st – April 30th and be eligible to win prizes.

Turn in forms by May 5th, 2023 to Jennifer Brown at NC Cooperative Extension Office by email at Jennifer.brown@ncsu.edu

