



# FITNESS CHALLENGE

## October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 MATH TASK CARD #1	2 3 Squat Side Kicks Speed Bag Punches (30 seconds)	3 3 Cross Jacks 3 Skaters	4 Play catch with a family member
5 5 Cross Jacks 5 Skaters	6 5 Squat Side Kicks Speed Bag Punches (30 seconds)	7 5 Cross Jacks 5 Skaters	8 MATH TASK CARD #2	9 5 Squat Side Kicks Speed Bag Punches (30 seconds)	10 5 Cross Jacks 5 Skaters	11 Go hiking on a trail
12 7 Cross Jacks 7 Skaters	13 7 Squat Side Kicks Speed Bag Punches (40 seconds)	14 7 Cross Jacks 7 Skaters	15 MATH TASK CARD #3	16 7 Squat Side Kicks Speed Bag Punches (40 seconds)	17 7 Cross Jacks 7 Skaters	18 Create an obstacle course at home
19 10 Cross Jacks 10 Skaters	20 10 Squat Side Kicks Speed Bag Punches (50 seconds)	21 10 Cross Jacks 10 Skaters	22 MATH TASK CARD (you choose)	23 10 Squat Side Kicks Speed Bag Punches (50 seconds)	24 10 Cross Jacks 10 Skaters	25 Set up a game of musical chairs
26 12 Cross Jacks 12 Skaters	27 12 Squat Side Kicks Speed Bag Punches (60 seconds)	28 12 Cross Jacks 12 Skaters	29 MATH TASK CARD (you choose)	30 12 Squat Side Kicks Speed Bag Punches (60 seconds)	31 Go for a walk in your Halloween costume! 🎃	

**October Fitness Challenge Calendar** – Use our October calendar for fitness exercise ideas in the classroom, activities to do at home with family, and Math themed brain breaks!

- MATH TASK CARDS – Refer to the Addition, Subtraction, & Multiplication Task Cards
- Skaters & Squat Side Kicks – Complete one rep by alternating each leg

Special thanks to:



Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.

# 1

TASK CARDS

## ADDITION

- $1 + 4 =$  Washing machine
- $5 + 3 =$  Rake the leaves
- $3 + 6 =$  Star jumps
- $9 + 1 =$  Chair dips
- $2 + 7 =$  High knees

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# 2

TASK CARDS

## SUBTRACTION

- $7 - 3 =$  Wash the car
- $9 - 2 =$  Seated flutter kicks
- $10 - 4 =$  Hop on one foot, switch
- $8 - 1 =$  Butterfly legs
- $5 - 0 =$  Firework jumps

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**3**

**TASK CARDS**

## **MULTIPLICATION**

- $5 \times 2 =$  Wall push-ups
- $8 \times 1 =$  Bear crawl
- $6 \times 4 =$  Marching in place
- $7 \times 4 =$  Chop down the tree
- $2 \times 9 =$  Walk the tight rope



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