



# FITNESS CHALLENGE

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3 Mountain Climbers 3 Sky Reaches	2 Butterfly Kicks (30 seconds) 3 Tuck Jumps	3 BACK TO SCHOOL TASK CARDS	4 3 Mountain Climbers 3 Sky Reaches	5 YOGA TASK CARD	6 Have a Family Game Night
7 Butterfly Kicks (30 seconds) 5 Tuck Jumps	8 5 Mountain Climbers 5 Sky Reaches	9 Butterfly Kicks (30 seconds) 5 Tuck Jumps	10 BACK TO SCHOOL TASK CARDS	11 5 Mountain Climbers 5 Sky Reaches	12 YOGA TASK CARD	13 Go for a bike ride
14 Butterfly Kicks (45 seconds) 7 Tuck Jumps	15 7 Mountain Climbers 7 Sky Reaches	16 Butterfly Kicks (45 seconds) 7 Tuck Jumps	17 BACK TO SCHOOL TASK CARDS	18 7 Mountain Climbers 7 Sky Reaches	19 YOGA TASK CARD	20 Hike your favorite trail
21 Butterfly Kicks (50 seconds) 10 Tuck Jumps	22 10 Mountain Climbers 10 Sky Reaches	23 Butterfly Kicks (50 seconds) 10 Tuck Jumps	24 BACK TO SCHOOL TASK CARDS	25 10 Mountain Climbers 10 Sky Reaches	26 YOGA TASK CARD	27 Toss a football with a friend
28 Butterfly Kicks (1 minute) 12 Tuck Jumps	29 12 Mountain Climbers 12 Sky Reaches	30 Butterfly Kicks (50 seconds) 12 Tuck Jumps				

**Back to School + Yoga Month** – Use our September calendar for fitness exercise ideas and brain breaks to celebrate Back to School and National Yoga Month at home and in the classroom!

- YOGA – Refer to the task card and choose one, a combination, or all activities listed
- BACK TO SCHOOL – Refer to the task cards and choose one, a combination, or all activities listed

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

## BACK TO SCHOOL BRAIN BREAKS

- Sit down in 10 different chairs/desks.
- March 100 steps behind your own desk.
- Touch all 4 corners of the room.
- Move your math book around your waist 20 times.
- Walk backwards around your desk 5 times.

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# 2

TASK CARDS

## BACK TO SCHOOL BRAIN BREAKS

- Recite the alphabet while doing bicep curls.
- Hold a wall sit for 15 seconds at each wall. (Remember to have table top legs!)
- Tiptoe walk from across the room and back.
- Do 4 elbows to knees next to 6 different chairs/desks. Place a book on your head and walk for 12 steps.

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**TASK CARD**

**YOGA**

- Tree pose
- Warrior pose
- Chair pose
- Downward facing dog pose
- Cat cow pose

