



FIRST & GOAL 6-WEEK

FITNESS CHALLENGE

MONDAY

Down	Goal	Points	Yes or No	Total Points
1st Down	Eat Healthy	7 pts		
2nd Down	Drink Water	6 pts		
3rd Down	Proper Rest	6 pts		
4th Down	Physically Active	7 pts		
	Total pts needed:	20		

TUESDAY

Down	Goal	Points	Yes or No	Total Points
1st Down	Eat Healthy	7 pts		
2nd Down	Drink Water	6 pts		
3rd Down	Proper Rest	6 pts		
4th Down	Physically Active	7 pts		
	Total pts needed:	20		

WEDNESDAY

Down	Goal	Points	Yes or No	Total Points
1st Down	Eat Healthy	7 pts		
2nd Down	Drink Water	6 pts		
3rd Down	Proper Rest	6 pts		
4th Down	Physically Active	7 pts		
	Total pts needed:	20		

THURSDAY

Down	Goal	Points	Yes or No	Total Points
1st Down	Eat Healthy	7 pts		
2nd Down	Drink Water	6 pts		
3rd Down	Proper Rest	6 pts		
4th Down	Physically Active	7 pts		
	Total pts needed:	20		

FRIDAY

Down	Goal	Points	Yes or No	Total Points
1st Down	Eat Healthy	7 pts		
2nd Down	Drink Water	6 pts		
3rd Down	Proper Rest	6 pts		
4th Down	Physically Active	7 pts		
	Total pts needed:	20		

SATURDAY

Down	Goal	Points	Yes or No	Total Points
1st Down	Eat Healthy	7 pts		
2nd Down	Drink Water	6 pts		
3rd Down	Proper Rest	6 pts		
4th Down	Physically Active	7 pts		
	Total pts needed:	13		

SUNDAY

Down	Goal	Points	Yes or No	Total Points
1st Down	Eat Healthy	7 pts		
2nd Down	Drink Water	6 pts		
3rd Down	Proper Rest	6 pts		
4th Down	Physically Active	7 pts		
	Total pts needed:	13		

Parent Signature

Teacher Signature

Student Signature

____/____/____
Today's Date