Directions: Spell the wordphrase on each day using the Alphabet Exercise Sheet & have a parent initial each day you complete.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Mow Lawn</td>
<td>Go Kayak</td>
<td>Fly a Kite</td>
<td>Bike Ride</td>
<td>Play Golf</td>
<td>Baseball</td>
<td>Play Tag</td>
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<tr>
<td>Go Camping</td>
<td>Vacation</td>
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<tr>
<td>Go Sunset</td>
<td>Hopscotch</td>
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<tr>
<td>Nature Walks</td>
<td>Jogging</td>
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<tr>
<td>Natural Parks</td>
<td>Canoeing</td>
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<tr>
<td>Petting Zoo</td>
<td>Climbing</td>
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<tr>
<td>Read Berries</td>
<td>Pick Berries</td>
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<tr>
<td>Exercise Outside</td>
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</tbody>
</table>

**MAY 2020-SPRING into Fitness Challenge**
Z = 40 Standing Alt. Front Punches
Y = 30 Imaginary Jump Rope
X = 20 Mason Twists
W = 8 Slow 90° Target Squats
V = 12 Living Superman Lifts
U = 5 Sit. Leg „Inch Worms“ (walk out)
T = 12 Butterfly Sit-ups
S = 10 Tuck Jumps
R = 6 Hand Plank to Low Plank
Q = 8 Hand Plank Tuck Jumps
P = 14 „Cradle Toe Touches“ (opposites)
O = 20 High Knees
N = 20 Butt Kicks
M = 10 Slow „Birddogs“ (opposites)
L = 1 min Jog in Place
K = 10 Slow “Cat-Cow”
J = 16 Big Mountain Climbers
I = 8 Big „Star Jumps“
H = 20 sec Low Plank
G = 14 Big „Ice Skaters“
F = 8 Slow Alt. Living „Scorpion“
E = 10 Hand Plank Jacks
d = 20 Full Jumping Jacks
C = 14 Sit. Leg „Toy Soldiers“
B = 20 Hand Plank Shoulder Taps
A = 4 Hand Release Burpees