



ROLL in the NEW YEAR!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31			FEDS get FIT	

13-19 days = Hat

20-24 days = T-Shirt

25-31 days = Hoodie

NAME: _____ Total Days Completed: _____



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Directions: Roll two dice and add the numbers together. The sum of the dice determines the exercise movement. Your workout should consist of at least 10 rolls of the dice. However, if you're feeling extra motivated, roll a few extra times to intensify your workout!

Roll a 2 – 5 pushups

Roll a 3 – 15 sit-ups

Roll a 4 – 15 squats

Roll a 5 – 20 mountain climbers (10 each side)

Roll a 6 – 10 Burpees

Roll a 7 – 25 jumps (with or without a rope)

Roll an 8 – 20 lunges (10 each leg)

Roll a 9 – 30 side jumps

Roll a 10 – 20 plank shoulder touches

Roll an 11 – 50 jumping jacks

Roll a 12 – 30 high knees (15 each leg)



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Complete the **ROLL in the NEW YEAR** fitness challenge throughout the month of January. Using the calendar, for each day you complete a workout, write the workout # (Example: “12” (high knees) At the end of the month, add up the total number of days completed.

Share your progress by tagging the following social media accounts: **Instagram:** @fedsgetfit or **Twitter:** @FedsGetFit