



30 DAY MUSCULAR ENDURANCE CHALLENGE

NAME

DATE

Each day you complete an exercise, color in a section of the spiral tracker. To make it harder, do 2-3 circuits of all 5 exercises.

The spiral tracker is a large circular grid divided into 30 numbered sections, each representing a day of the challenge. The grid is divided into five concentric rings and ten radial segments. The exercises are listed in the center of the grid, with lines connecting them to the corresponding day numbers on the spiral:

- 1 Minute Wall Sit (Days 1-5)
- 1 Minute Run in Place (Days 6-10)
- 1 Minute High Plank (Days 11-15)
- 1 Minute Crab Bridge (Days 16-20)
- 1 Minute Wall Pushups (Days 21-25)

Illustrations of children performing each exercise are shown in circular callouts around the grid:

- Wall Sit: A girl sitting against a wall.
- Run in Place: A girl running.
- High Plank: A boy in a plank position.
- Crab Bridge: A girl in a crab bridge position.
- Wall Pushups: A girl performing a wall pushup.



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