

SHUFFLE DECEMBER BFit

Classroom:

School:



WEEK 1

	5 Minutes	5 Minutes	5 Minutes	5 Minutes
December 1	☐	☐	☐	☐
December 2	☐	☐	☐	☐
December 3	☐	☐	☐	☐
December 4	☐	☐	☐	☐
December 5	☐	☐	☐	☐

Spend 20 minutes moving around in class each day to keep your energy supercharged!

Tick off your checklist for each 5-minute power-up, and email your BFit calendar to communityhealth@tfhd when it's full!

WEEK 2

	5 Minutes	5 Minutes	5 Minutes	5 Minutes
December 8	☐	☐	☐	☐
December 9	☐	☐	☐	☐
December 10	☐	☐	☐	☐
December 11	☐	☐	☐	☐
December 12	☐	☐	☐	☐

WEEK 3

	5 Minutes	5 Minutes	5 Minutes	5 Minutes
December 15	☐	☐	☐	☐
December 16	☐	☐	☐	☐
December 17	☐	☐	☐	☐
December 18	☐	☐	☐	☐
December 19	☐	☐	☐	☐

HAVE A FUN DECEMBER BREAK!

Shuffling strengthens the muscles we use when changing directions quickly during sports or daily activities.

Scan the QR Code to shuffle into action with a cool new side-to-side move every week!

