

JUMPING FEBRUARY BFit



Classroom:

School:

WEEK 1

	5 Minutes	5 Minutes	5 Minutes	5 Minutes
February 2	☐	☐	☐	☐
February 3	☐	☐	☐	☐
February 4	☐	☐	☐	☐
February 5	☐	☐	☐	☐
February 6	☐	☐	☐	☐

WEEK 2

	5 Minutes	5 Minutes	5 Minutes	5 Minutes
February 9	☐	☐	☐	☐
February 10	☐	☐	☐	☐
February 11	☐	☐	☐	☐
February 12	☐	☐	☐	☐
February 13	☐	☐	☐	☐

WEEK 3

	5 Minutes	5 Minutes	5 Minutes	5 Minutes
February 18	☐	☐	☐	☐
February 19	☐	☐	☐	☐
February 20	☐	☐	☐	☐

WEEK 4

	5 Minutes	5 Minutes	5 Minutes	5 Minutes
February 23	☐	☐	☐	☐
February 24	☐	☐	☐	☐
February 25	☐	☐	☐	☐
February 26	☐	☐	☐	☐
February 27	☐	☐	☐	☐

Groove for 20 minutes in class each day to keep the energy flowing!
Mark your checklist when you hit a 5-minute move session.

Email your completed BFit calendar to communityhealth@tfhd!

Jumping requires balance and coordination, as you get better you will also develop power and strength.

Scan the QR Code to jump into a new challenge with exciting jumps to practice each week!

