

LUNGES

MARCH BFit

Classroom:
School:



WEEK 1

	5 Minutes	5 Minutes	5 Minutes	5 Minutes
March 2	☐	☐	☐	☐
March 3	☐	☐	☐	☐
March 4	☐	☐	☐	☐
March 5	☐	☐	☐	☐
March 6	☐	☐	☐	☐

WEEK 2

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

WEEK 3

	5 Minutes	5 Minutes	5 Minutes	5 Minutes
March 16	☐	☐	☐	☐
March 17	☐	☐	☐	☐
March 18	☐	☐	☐	☐
March 19	☐	☐	☐	☐
March 20	☐	☐	☐	☐

Keep your energy high with 20 minutes of fun movement every day

Check off your list for every 5-minute move session, and when you're done, send your BFit calendar to communityhealth@tfhd!

WEEK 4

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

WEEK 5

	5 Minutes	5 Minutes	5 Minutes	5 Minutes
March 30	☐	☐	☐	☐
March 31	☐	☐	☐	☐

Lunges require awareness of your knee position, remember to balance as you step forward or backward.

Scan the QR Code to take big steps toward fun with a new lunge move to try every week!

