








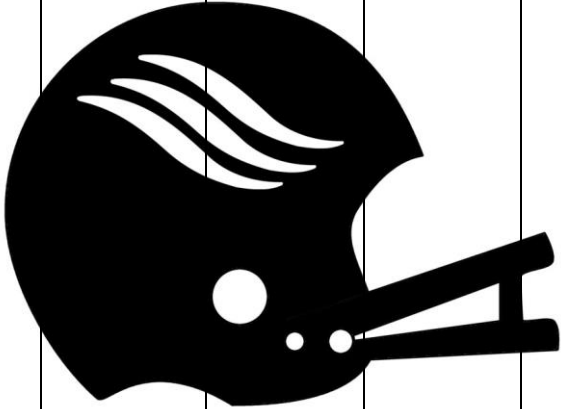











FALL FITNESS CHALLENGE
30 min. of exercise = 10 yards (Each Football =15min)

NAME: _____

T O U C H D O W N	10	20	30	40	50	40	30	20	10	T O U C H D O W N
										
										
										
	10	20	30	40	50	40	30	20	10	

Each Football is worth 15 minutes of exercise. Fill both footballs move 10 yards!
Fill all footballs to score a touchdown. Each touchdown is equal to 4.5 hours of exercise.
Limit of 4 hours of exercise per day!
When you fill a score sheet put it in the Touchdown folder!