

Mighty's Fitness Challenge

1 Corinthians 6:19-20: "Or do you not know that your body is a temple of the Holy Spirit within you..."

Directions: Please write the exercise(s) performed and time for each day. Mark make-up sessions as (MU) and extra sessions as (ES).

October 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

I attest that _____ completed workouts on the above marked days for the time required for his/her grade level.
 (Print Student Name and grade) _____ (Parent/Guardian Signature)