

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).

November 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		

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)