**21-Day Colorful Mile Challenge**

This is the perfect challenge for those of us needing a kickstart for spring.  Complete Every Day for a Prize! Random drawings all challenge long!

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| Commit to:   * Nutrition: Consume at least 3 different colors (veggies & fruits) every single day of the challenge.  You get bonus points for consuming 5 colors in a day! * Activity:  Do the daily fitness challenge *or walk an extra mile every single day of the challenge* * You may do one minute in the morning, another in the afternoon, etc. short bursts are fine as long as you complete the day’s activity goal. * *Not sure what the activity is? See links here:* [*http://www.58fitness.com/workout-links.php*](http://www.58fitness.com/workout-links.php) * *Have a better way to log?* Have at it! Just send me a log showing you’ve done it! | | | | | MARCH 16  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity:\_\_ 3 minutes plank (can modify) | 17  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity:\_\_ 10 reps 1 minute jump rope (through day) |
| 18  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_5 reps x 1 minute wall sit | 19  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_5 reps x 1 minute hip lift | 20  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity:\_\_ 5 reps x 1 minute squats | 21  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity:\_\_ 4 minutes plank (can modify) | 22  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_10 reps x 1 min. jumprope | 23  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity:\_\_ 50 pushups today | 24  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_50 walking lunges |
| 25  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity:\_\_ 5 minutes plank (can modify) | 26  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_ 5 reps x 1 minute wall sit | 27  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_ 70 pushups today | 28  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_ 10 reps x 1 min jumprope | 29  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity:\_\_ 5 minutes plank (can modify) | 30  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity:\_\_ 6 reps x 1 minute squats | APRIL 1ST  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity:\_\_ Inchworms – 50 (can split) |
| 2  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_ 10 reps x 1 min jump rope | 3  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_ 80 pushups today | 4  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_ 8 reps x 1 minute hip lifts | 5  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity: \_\_ 100 squats (can split) | 6  Red\_\_\_  Green\_\_  Yellow/Orange\_\_  White\_\_  Blue/Purple\_\_  Activity:\_\_ 10 minutes plank (can split) | EMAIL LOG TO mkruse@center.k12.mo.us | |