

**New Year Fitness Challenge
Activity Listing
January 18 - February 14, 2021**



Fit 5 Activities: Earn one (1) point for each day you complete any combination of four (4) activities listed below. Use <i>Fit 5 Fitness Cards</i> for activity instructions.	Quantity Required Each Day		
	Level 1/M	Level 2	Level 3
10m Walk or Roll	8		
10m Wheelchair Slalom	8		
1-mile Walk or Run		1 mile	1 mile
50m Walk or Run		8	15
Bicep Curls	8 per arm		
Burpees		15	30
Chair Dips	5	15	30
Cycling (regular or stationary bike)	10 minutes	15 minutes	20 minutes
Frog Jumps		10	20
High Knees (in-place)	20	40	
Hip Bridge	5	15	30
Jumping Jacks	30 seconds		
Lunges		15 per leg	20 per leg
Mountain Climbers		15	30
Overhead Press	8 per arm		
Planks		1 minute	2 minutes
Pushups - Standard or Knee		15	30
Quick Punches	1 minute		
Shoulder Shrugs	15		
Side-to-Side Hops		10 per side	
Situps or Crunches	10	25	50
Standing Long Jump	8 jumps	15 jumps	
Squats	10	15	30
Wall Sit		1 minute	90 seconds
Health & Wellbeing: Earn one (1) point for each day you complete two (2) activities below.	Quantity Required Each Day		
	Level 1/M	Level 2	Level 3
Drink Water	5 bottles	5 bottles	5 bottles
Eat Fruit & Vegetables	5 servings	5 servings	5 servings
Inclusion: Reach out to a new athlete, partner, or coach each day to share encouragement or a positive story	1 interaction	1 interaction	1 interaction
Strong Minds: Prayer, Meditation, Journaling, Listen to Positive Music, Breathing Exercises	10 minutes	10 minutes	10 minutes
Strong Minds: Yoga, Stretching, Flexibility	10 minutes	10 minutes	10 minutes
Bonus Points: Earn a one-time bonus of ten (10) points for completing the activity below.	One-Time Bonus Points Requirement		
	Level 1/M	Level 2	Level 3
Register for and complete the Polar Plunge Run 5K or 10K. Register at www.polarplungein.com . Small fee applies.	Complete Polar Plunge Run 5K or 10K	Complete Polar Plunge Run 5K or 10K	Complete Polar Plunge Run 5K or 10K