

CHILD _____

TEACHER _____

SEAGULL EXERCISE CHALLENGE

Write the exercises your child did for 30 minutes in one day in one space. On the next day, write it in another space. When you complete the sheet, submit it on your child's PTA Seesaw page. Earn up to 5 progressive prizes until the end of December! See prizes and join the correct PTA Seesaw page by visiting sunsethillspta.org/exercise. Recommended: 30 minutes of exercise, 4 times a week at minimum.

			
			
			
			

BONUS: I WEAR SUNBLOCK EAT 3 FRUITS AND VEGGIES/DAY DRINK 5 CUPS of WATER/DAY



PARENT SIGNATURE _____

DATE _____