



12 Days of Christmas Fitness Challenge

December 2nd - December 17th

Grab your MAP co-workers and complete the 12 Days of Christmas Fitness Challenge to earn prizes!

- 1 Minute of jumping jacks
- 2 Sets of 30-sec. wall sit
- 3 Side bends (each side)
- 4 Side Raises
- 5 Push Ups
- 6 Squats
- 7 Triceps Kick Backs (each arm)
- 8 Calf Raises
- 9 Shoulder Press
- 10 Second plank x3 sets
- 11 Lunges (each leg)
- 12 Minute Walk

No equipment necessary. [Click here for pictures of each exercise.](#)

Individual Incentive

Complete the above workout each day to:

- earn a \$5 Publix Gift Card
- be entered into a drawing for a Fitbit

Submit completed calendar to Sara Workman

Team Incentive

Take a picture of your MAP crew completing the challenge each day. One lucky school will win a catered lunch! Each school can earn up to 12 entries.

Submit pictures to Sara Workman

12 Days of Christmas Fitness Challenge

Name: _____ **Email:** _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Workout Complete: _____	3 Workout Complete: _____	4 Workout Complete: _____	5 Workout Complete: _____	6 Workout Complete: _____	7
8	9 Workout Complete: _____	10 Workout Complete: _____	11 Workout Complete: _____	12 Workout Complete: _____	13 Workout Complete: _____	14
15	16 Workout Complete: _____	17 Workout Complete: _____	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Each day, complete the 12 Days of Christmas workout and initial to indicate a successful sweat session. Employees who participate in the challenge all 12 days will earn a \$5 Publix gift card and be entered in a drawing for a *Fitbit Versa Lite*.

MAPs teams can submit group selfies from their daily workout for a chance to win a catered lunch for their staff.
(Maximum 1 submission per location, per day)

Calendars should be submitted to sara.workman@marion.k12.fl.us or dropped off at Extended Day office with Sara no later than December 18th. Participants who successfully complete the Challenge will be emailed when prizes are available for pickup.