 Merry Fit-mas Log

 Merry Christmas Everyone – This our gift to you over the holidays. Since you’re going to miss PE soooo much, I’m going to give you something extra special to remember our awesome classes. Plus we need to fulfill the BC Ministry DPA (Daily Physical Activity) requirements. Anything over 40 mins of continuous activity counts (e.g. Skiing with your family or walking 40 mins in the mall parking lot to find your car)

You can also find **Workouts** at:

 ***http://darebee.com/workouts.html***

It’s time to feel good and look amazing over the Christmas Break! Complete at **least 8 Days** (around Every Other Day) Convince your parents to do a super hero workout with you and you can minus one session (so 7 days – superhero workouts only) Do as many sets as you can. They’ll thank you and buy you a lot of gifts :) Make us proud! See you in the New Year!!!

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| Date | Exercise | # of Sets | Time | Parent Signature |
| ***EXAMPLE:******December 18th*** | ***The Amazing Spiderman******OR Walking at the Mall*** | ***3*** | ***8:30-9:10pm*** | ***AL*** |
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