



St. Anne School Presents the Annual “*Twelve Days of Fitness*” Challenge!

The fitness challenge is designed to increase awareness of practicing healthy habits. All students, parents, families, and staff members may participate. Cost is a \$10 donation. All participants receive a special St. Anne School the “Twelve Days of Fitness” Challenge T-shirt. All proceeds benefit the 2021 Principal’s Scholarship fund. ***Please send your payment, along with a note, indicating participants name and t-shirt size, to Mr. Armato.***

The fitness challenge format is as follows: Prior to 9am on Dec. 15th, participants must complete 12 (of the listed 25) health related activities. This year categories include: Physical, Social, Emotional, Mental, and Spiritual Health.

Documentation takes place via the honor system. Once complete, turn in your form to Mr. Armato and receive your t-shirt. Everyone completing the challenge successfully may wear their t-shirt to school on Dec. 17th and enjoy an out of uniform day.

Sign-Up Deadline: Tuesday, Nov. 24

Participants MUST complete a minimum of one from each category and 12 overall.
Complete between Thanksgiving and Dec. 15th
<i>Dec. 17 will be "12 Days of Fitness" Day at School. (Out of Uni Day when wearing 12 Days Shirt)</i>
Social Health
Sign up for the fitness challenge along with your \$10 donation.
Volunteer for a community event (Soup kitchen, Thanksgiving Meal, ring the Salvation Army Bell, etc.)
*2-for-1 Turkey Trot Bonus. (Participate in Turkey Trot-get credit here as well).
Purchase \$200 in Scrip from the school during holiday season.
Participate in the St. Anne Guardian Angel Appeal.
Spiritual Health
Pray the Rosary 3 times during advent, outside of school.
Visit/Attend Mass/Tour two other historical churches in the region.
Attend two St. Anne school Masses between Thanksgiving and Christmas.
Participate in Adoration during the Holiday Season.
Read from the Bible three nights per week during the Holiday Season.
Physical Health
Complete a 30 minute workout.
Participate in St. Anne Virtual Turkey Trot* (2-for-1 offer).
Complete 50 push-ups & 100 sit-ups on two different days.
Drink 1/2 body weight in ounces of water for 3 consecutive days.
Acheive 15,000 steps in a day.
Mental Health
Take a day for yourself and do something you enjoy.
Complete the fitness assesment on back side of this paper.
Complete any listed activity (on this sheet) a second time (save Turkey Trot).
Counsel a friend in need.
Engage in a random act of kindness.
Emotional Health
Start and invest in a new hobby.
Track sleep for three days and strive for 7-8 hours per night.
Make a list of every special person in your life and tell them why they are special.
Take a walk at a forest preserve/bike path/river walk.
Start a journal and write one positive thing that happened during your day for one week straight.

Please Print: Classroom Teacher’s Name: _____

Name: _____ E-Mail: _____

T-Shirt Size: YS YM YL AS AM AL AXL 2XL 3XL

Please turn in this sheet by end of the day on Dec. 15, 2020