S&S Worldwide

FITNESS CHALLENGE

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3 Squat Side Kicks Speed Bag Punches (30 seconds)	2 3 Cross Jacks 3 Skaters	3 Play catch with a family member
4 5 Cross Jacks 5 Skaters	5 5 Squat Side Kicks Speed Bag Punches (30 seconds)	6 5 Cross Jacks 5 Skaters	7 MATH TASK CARD #2	8 5 Squat Side Kicks Speed Bag Punches (30 seconds)	9 5 Cross Jacks 5 Skaters	10 Go hiking on a trail
11 7 Cross Jacks 7 Skaters	12 7 Squat Side Kicks Speed Bag Punches (40 seconds)	13 7 Cross Jacks 7 Skaters	14 MATH TASK CARD #3	15 7 Squat Side Kicks Speed Bag Punches (40 seconds)	16 7 Cross Jacks 7 Skaters	17 Create an obstacle course at home
18 10 Cross Jacks 10 Skaters	19 10 Squat Side Kicks Speed Bag Punches (50 seconds)	20 10 Cross Jacks 10 Skaters	21 MATH TASK CARD (you choose)	22 10 Squat Side Kicks Speed Bag Punches (50 seconds)	23 10 Cross Jacks 10 Skaters	24 Set up a game of musical chairs
25 12 Cross Jacks 12 Skaters	26 12 Squat Side Kicks Speed Bag Punches (60 seconds)	27 12 Cross Jacks 12 Skaters	28 MATH TASK CARD (you choose)	29 12 Squat Side Kicks Speed Bag Punches (60 seconds)	30 12 Cross Jacks 12 Skaters	31 Go for a walk in your Halloween costume! 🎃

October Fitness Challenge Calendar – Use our October calendar for fitness exercise ideas in the classroom, activities to do at home with family, and Math themed brain breaks!

MATH TASK CARDS – Refer to the Addition, Subtraction, & Multiplication Task Cards

Skaters & Squat Side Kicks – Complete one rep by alternating each leg

Special thanks to:

ALLIANCE FOR A HEALTHIER GENERATION

Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

1

TASK CARDS

ADDITION

- 1 + 4 = Washing machine
- 5 + 3 = Rake the leaves
- 3 + 6 = Star jumps
- 9 + 1 = Chair dips
- 2 + 7 = High knees

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2

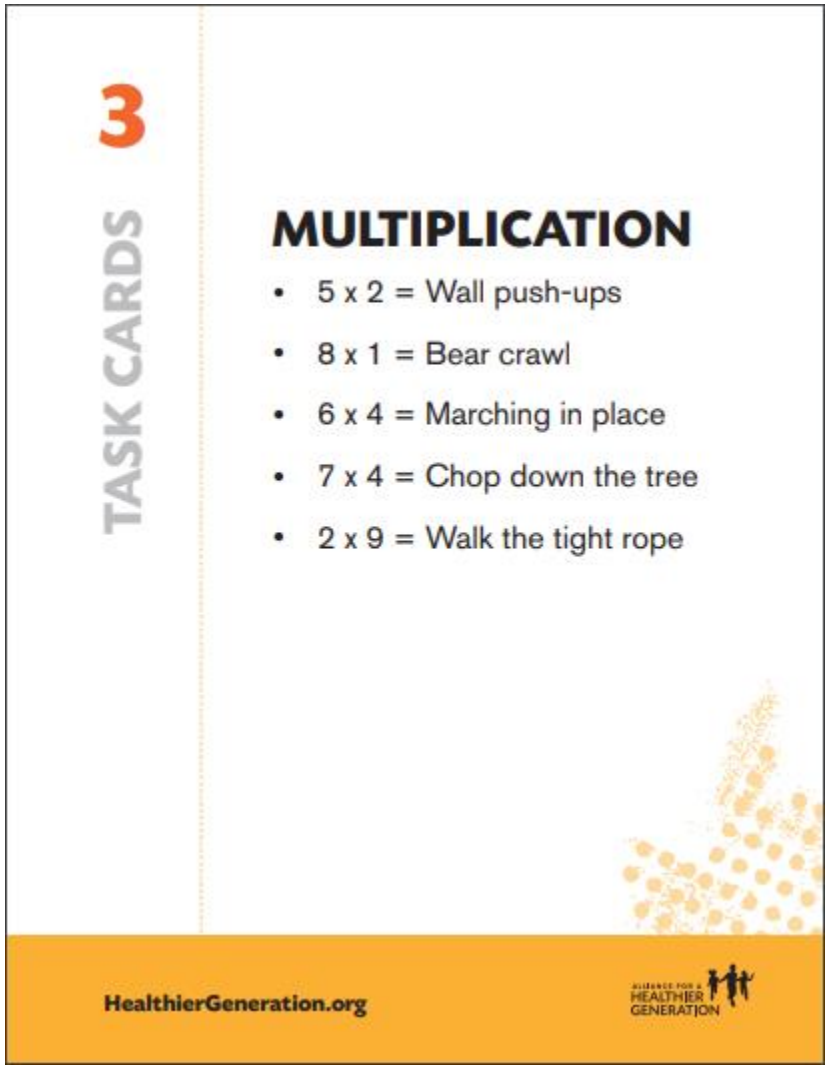
TASK CARDS

SUBTRACTION

- 7 - 3 = Wash the car
- 9 - 2 = Seated flutter kicks
- 10 – 4 = Hop on one foot, switch
- 8 - 1 = Butterfly legs
- 5 – 0 = Firework jumps

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Source: Task Cards



Source: Task Cards