NOVEMBER FITNESS CALENDAR

Try your best to complete as many days as possible! EVERY day that is completed MUST be initialed by a parent/guardian in order to get credit. Invite your family or friends to join you in your activities. Remember to turn in your completed calendar to Mrs. Scott at the end of November to claim your prize.

Name:_____ **Classroom Teacher:**_____

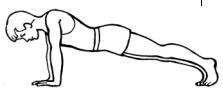
Brown Sugar-Spiced Nut Mix

(Healthier Version)

Have an adult help!

Recipe from:
Cheryl Slocum-Cooking Light, Nov. 2015

Ingredients:
- 6 tablespoons light brown sugar
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon ground cardamom
- 1 egg white
- 2 teaspoons canola oil
- 1 teaspoon Worcestershire sauce
- 1 cup raw pecan halves
- 1/2 cup raw whole almonds
- 1/3 cup raw shelled pumpkinseeds
- Cooking spray

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 20 Arm Circles	2 30 Jumping Jacks	3 30 Calf Raises	4 Walk/Jog for 20 minutes	5 25 Squats
6 FREE DAY 30 minutes of activity	7 25 Star Jumps 	8 30 second Wall Sit	9 30 Sit ups	10 15 Pushups	11 Walk/Jog for 30 minutes	12 FREE DAY 30 minutes of activity
13 Walk/Jog for 30 minutes	14 20 second Plank, rest, 20 second Plank	15 30 Arm Circles	16 30 second Wall Sit	17 25 Sit ups 	18 30 Jumping Jacks	19 Play any sport for at least 30 minutes
20 20 Toe Touch Situps	21 30 Calf Raises	22 20 Jumping Jacks	23 20 second Plank, rest, 20 second Plank	24 FREE DAY 30 minutes of	25 Play any sport for at least 30 minutes	26 Walk/Jog for 30 minutes
27 FREE DAY 30 minutes of activity	28 20 Star Jumps	29 45 second Wall Sit 	30 15 Pushups 			

Directions:

Preheat oven to 350°. Combine first 5 ingredients in a small bowl. Combine egg white, oil, and Worcestershire in a large bowl; stir with a whisk until mixture is frothy. Add nuts, pumpkinseeds, and sugar mixture, stirring well to coat. Spread nut mixture on a baking sheet coated with cooking spray. Bake at 350° for 10 minutes. Remove pan from oven; stir nuts to break apart. Return pan to oven. Reduce oven temperature to 300°. Bake 10 minutes. Remove nuts; cool 5 minutes. Stir to break apart nuts.