

Pump Up Your Savings

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Complete this entire section in order to be eligible. Must be submitted by May 2, 2016 to qualify for contest.

Name: _____

Address: _____

Phone Number: _____ Age: _____

1 Savings Tip:
Pump Up Your Savings by depositing \$5.00 to your Goal Club account for every completed activity!

2 10 sit ups

Participant Initials

Parent/Guardian Initials

3

Participant Initials

Parent/Guardian Initials

4 5 push-ups

Participant Initials

Parent/Guardian Initials

5 Savings Tip:
Everytime you receive an allowance or paycheck, save some of it!

6 50 jump in place

Participant Initials

Parent/Guardian Initials

7

Participant Initials

Parent/Guardian Initials

8 20 leg raises

Participant Initials

Parent/Guardian Initials

9

Participant Initials

Parent/Guardian Initials

10 25 squats

Participant Initials

Parent/Guardian Initials

11

Participant Initials

Parent/Guardian Initials

12 5 driveway runs

Participant Initials

Parent/Guardian Initials

13 Savings Tip:
Burning through your money too fast? Start a budget to track your spending!

14 25 toe touches

Participant Initials

Parent/Guardian Initials

15

Participant Initials

Parent/Guardian Initials

16 15 frog jumps

Participant Initials

Parent/Guardian Initials

17 Savings Tip:
The more you Pump Up Your Savings, the more dividends you'll earn!

18 10 tuck jumps

Participant Initials

Parent/Guardian Initials

19

Participant Initials

Parent/Guardian Initials

20 30 bicycles

Participant Initials

Parent/Guardian Initials

21

Participant Initials

Parent/Guardian Initials

22 25 jumping jacks

Participant Initials

Parent/Guardian Initials

23

Participant Initials

Parent/Guardian Initials

24

Participant Initials

Parent/Guardian Initials

25 10 scissors

Participant Initials

Parent/Guardian Initials

26

Participant Initials

Parent/Guardian Initials

27 25 high knees

Participant Initials

Parent/Guardian Initials

28 Savings Tip:
Before making a purchase, decide if it's a want or a need.

29

Participant Initials

Parent/Guardian Initials

30 3 minutes jog in place

Participant Initials

Parent/Guardian Initials

Exercise Descriptions

Completed Fitness Calendar must be submitted by May 2, 2016 to qualify for contest.

Bicycles: Lay flat with your lower back pressed to the floor. Put your hands behind your head, then bring your knees in towards your chest and lift your shoulder blades off the floor. Be sure not to pull on your neck. Straighten your right leg out to about a 45-degree angle to the floor while turning your upper body to the left, bringing your right elbow towards the left knee. Make sure your rib cage is moving and not just your elbows. Now switch sides and do the same motion on the other side.

Driveway Runs: Run up and down your driveway.

Frog Jumps: Stand with your hands behind your head, and squat down keeping your back straight. Jump forward. When you land, bend your knees to get ready for the next jump.

High Knees: Stand with your feet hip width apart. Lift your left leg up as high as you can towards your chest. Put your left leg down and repeat same motion with your right leg.

Jumping Jacks: Stand with your feet together and your hands down by your side. In one motion jump your feet out to the side and raise your arms above your head. Immediately reverse the motion by jumping back to the starting position.

Jump in Place: Stand with your legs shoulder width apart. Squat down and then push off the floor.

Jog in Place: Very similar to running, but done at a slower pace. Try and stay in the same spot the whole time.

Leg Raises: Lay flat on your back. Slowly lift your legs and your back off the floor so you are in the shape of a V. Hold for a second, then lower yourself back down and repeat.

Push-Ups: Lay on your stomach and place your hands on the floor a distance slightly wider than your shoulders. Slowly raise yourself up so your arms are straight. Then lower yourself down so your elbows make a right angle. Raise yourself back up and repeat.

Scissors: Lay flat and lift both your legs slightly off the floor. Move your left leg slightly higher than your right and then switch.

Sit Ups: Lie on your back, knees bent and feet flat on the floor. Place your finger tips behind your ears. Pull your shoulder blades back so elbows are out to the side. Raise your body towards your knees, then roll back down to the starting position and repeat.

Squats: Stand with your feet hip width apart and your arms down by your side. Start to lower your body back as far as you can by pushing your hips back, bending your knees and pushing your weight into your heels. As you are lowering into the squat, your arms will raise out in front of you for balance. Keep a straight back at all times and never let your knees go over your toes. The lower body should be parallel with the floor and your chest should be lifted at all times and not rounded. Pause then lift back up in a controlled motion to the starting position and repeat.

Toe Touches: Stand up straight with your legs together. Bend down and touch your toes, trying to keep your legs straight. If you can't touch your toes, bend over as far as you can without bending your knees.

Tuck Jumps: Stand with your feet hip width apart. Push off the ground with both feet, bending your knees as if you were going to hug them against your stomach. When you land, bend your knees a little bit so you don't strain them.