** Fit Falcon Challenge**

|  |  |  |  |  |  |
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|  | 1st Qtr | 2nd Qtr | 3rd Qtr | 4th Qtr | Extra |
| **1. Push-Ups** |  |  |  |  |  |
| **2. Squats** |  |  |  |  |  |
| **3. Alternating Lunges** |  |  |  |  |  |
| **4. Burpees** |  |  |  |  |  |
| **5. Calf Raises** |  |  |  |  |  |
| **6. Mountain Climbers** |  |  |  |  |  |
| **7. Full Curl-Ups**  |  |  |  |  |  |
| **8. Jump Rope** |  |  |  |  |  |
| **9. Shuttle Run** |  |  |  |  |  |
| **10. Wall Sit**(2:00 Maximum) |   |  |  |  |  |
| **11. Plank**(5:00 Maximum) |  |  |  |  |  |

****Count and record how many times or how long you can perform each exercise in 40/50 seconds. You must use correct form!