

FITNESS **ON THE MOVE** FITT Dice Challenges

Create Your Own

Create a routine that includes
8 activity intervals in 6 minutes with
30 seconds of exercise and 15 seconds of rest.

Roll the die. Then, complete the 30-second exercise
interval that matches the number rolled on the die.

Include 3 TYPES of exercises on your challenge list:
Aerobic, Muscular Fitness, Mindfulness.

CYO CHALLENGE CHART

1 –	(Aerobic / Vigorous Intensity)
2 –	(Mindfulness / Low Intensity)
3 –	(Muscular Fitness / Vigorous Intensity)
4 –	(Muscular Fitness / Moderate Intensity)
5 –	(Aerobic / Vigorous Intensity)
6 –	(Mindfulness / Low Intensity)

SELF-TALK DISCUSSION

Write your own self-talk discussion question and then write your answer...