



MAY

The Force Be With You JEDI TRAINING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Color each day you complete the challenge.					1	2
3	MAY THE FOURTH BE WITH YOU	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

Student: _____ Total Days Completed: _____

Parent Signature: _____ Grade: _____ Teacher: _____



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Odd Number Days

- **15** Jumping Jacks
- **5** Push-ups
- **10** Ski Jumps (side to side)
- **10** Sit-ups

Even Number Days

- **10** Bell Jumps (forward and back)
- **15** Seconds - Jog in place
- **10** Seconds – Balance on 1 foot
- **15** Straddle Jumps (feet together/apart)

Level 1 - **Youngling**

Complete **2** rounds

Level 2 - **Padawan**

Complete **3** rounds

Level 3 - **JEDI Knight**

Complete **4** rounds

Level 4 - **JEDI Master**

Complete **5** rounds

Directions: On odd numbered days, perform all of the exercises in the odd column. On even numbered days, perform all of the exercises in the even column. If you can perform all of the exercises 2 times, you have reached the Youngling level. If you can complete all of the exercises 3 times you have reached the Padawan level, etc. As you finish each day, color in that day on the calendar. You can assign a color to each level (e.g. Yellow for Youngling). Try to advance your level throughout the month. The ultimate goal is to become a JEDI Master by the end of the month.

