**Eckert Fitness Group**

PHYSICAL FITNESS AWARDS PROGRAM

To earn the Physical Fitness Award all participants must complete 5 or more of the following exercises at least 3 days a week for 4 weeks. Completed forms must be either emailed to [sports@eckertfitnessgroup.com](mailto:sports@eckertfitnessgroup.com) or mailed to our office at 1001 Willow Ridge Dr, York, PA 17404 no later than Day 5 of camp season. DO NOT TURN IN TO COACH. Award certificates will be given out on the final day of camp.

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| Ages 5 and 6 | Ages 7 thru 12 |
| 1. 10 Push-ups (modified for girls) | A. 10 Push-ups (modified for girls) |
| 1. 10 Squat Thrusts | B. 10 Squat Thrusts |
| 1. 15 Sit-ups | C. 25 Sit-ups |
| 1. 25 Jumping Jacks | D. 50 Jumping Jacks |
| 1. 20 Mountain Climbers | E. 40 Mountain Climbers |
| 1. 10 Sprints (10 yards) | F. 20 Sprints (10 yards) |
| 1. 5 Minute Jog | G. 10 Minute Jog |
| 1. Jump Rope (2 minutes) | H. Jump Rope (4 minutes) |
| 1. Run Stairs (10 times) | I. Run Stairs (20 times) |

Write the letters in the box under the day that the exercises were completed. For example, if you do 10 push-ups, 15 sit-ups, 25 jumping jacks, 5 minute jog, and run stairs you would write A, C, D, G, I.

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|  | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | PARENT INITIAL |
| **Wk.1** |  |  |  |  |  |  |  |  |
|  | | | | | | | | |
| **Wk. 2** |  |  |  |  |  |  |  |  |
|  | | | | | | | | |
| **Wk. 3** |  |  |  |  |  |  |  |  |
|  | | | | | | | | |
| **Wk. 4** |  |  |  |  |  |  |  |  |

DO NOT TURN IN TO COACH. FORM MUST BE EMAILED OR MAILED. PLEASE SEE ABOVE.

*(Please write clearly as your child’s name will be printed on the certificate)*

Child’s First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Child’s Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_

Camp Location Your Child is Attending: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*DEDICATION PERSEVERANCE DISCIPLINE COMMITMENT*

*“The Qualities That Make a Champion”*