



MAY

THE FORCE BE WITH YOU

JEDI TRAINING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	15	17	18	19
20	21	22	23	24	25	26
27	28	"TRAIN YOURSELF TO LET GO OF EVERYTHING YOU FEAR TO LOSE." -YODA				

STUDENT: _____ TOTAL DAYS COMPLETED: _____

PARENT SIGNATURE: _____ GRADE: _____ TEACHER: _____



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ODD NUMBER DAYS

- 20 JUMPING JACKS
- 10 WALL SIT LEG EXTENSIONS
- 20 PLANK SHOULDER TOUCHES
- 10 JUMP SQUATS

EVEN NUMBER DAYS

- 10 BURPEES
- 10 SQUATS
- 20 MOUNTAIN CLIMBERS
- 20 PLANK KNEE TUCKS

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

- Choose a level, which is challenging for you. Try to advance your level throughout the month. The ultimate goal is to become a JEDI Master by the end of the challenge.
- The last day of school is on May 25. Therefore JEDI training will end on Friday, May 18. Be sure to turn in your calendar by Thursday, May 24 to receive your JEDI certificate and shoe token.

