



Arizona Statewide Fitness Challenge

ACTIVITY TRACKER

Let's get moving! Each day, you'll complete 5 quick fitness activities to help you stay strong and healthy.

TOTAL

NAME

Date	Gym Laps	Plank Hold	Push- ups	Sit- ups	Shuttle Runs	Steps	Other	Total Completed

MONTH



We provide youth and teens with environments, relationships and experiences that build essential skills and equip them to achieve positive outcomes.



Essential Skills

Young people use social skills to communicate and interact with others and are emotionally equipped to navigate challenging situations.



Health & Well-Being

Young people make informed, healthy decisions that contribute to their overall well-being.



Character & Leadership

Young people stay true to their values, demonstrate good citizenship and drive positive change.



Academic Success

Young people are selfdirected learners who succeed academically.



Life & Workforce Readiness

Young people are equipped to navigate adulthood and pursue a fulfilling, economically viable career path.

azabgc.org
@azabgc on socials ①

@azabgc on socials ①