

HyVee®
KIDSFIT.



SQUAT
CHALLENGE

TEACHER GUIDE

THANK YOU

for participating in the Hy-Vee KidsFit Squat Challenge.
Let us help you and your classroom succeed in making moving fun & rewarding.

HERE'S HOW YOU DO IT:

- 1 Choose 5-Days to complete as many squats as possibly with your classroom.
- 2 Set Goals with Classroom
- 3 Learn how to move correctly
- 4 Track your Squat Totals with our Squat Tracker
- 5 Submit your results before **February 24th by 11:59PM.**

SUBMIT YOUR SQUAT TOTALS HERE!

KEEP TRACK
OF YOUR
CLASSROOM'S
SQUATS WITH
OUR TRACKER!

HyVee
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Name: _____


Squat Challenge Tracker

Choose five days throughout the month to complete as many squats as possible.
Once you have recorded all five days in the boxes below, add your daily totals together to find your total squat count.

Daily Goal: _____ Overall Goal: _____




Action Plan: _____

PRO TIP
Learn how to squat here



Day 1	Day 2	Day 3	Day 4	Day 5

Total Squats: _____

  **JOIN THE CLUB** 
With your challenge for the chance to win prizes!



DAY 1

Proper form is key to success and keeping your body safe in any workout.
Watch the How To Squat video to set your students up for a great week ahead!



How to Squat



Happy Dance!



DAY 2

It's time to dig deep and give it your all so you won't be sorry. Ready, set, squat!



Personal Best



Sorry

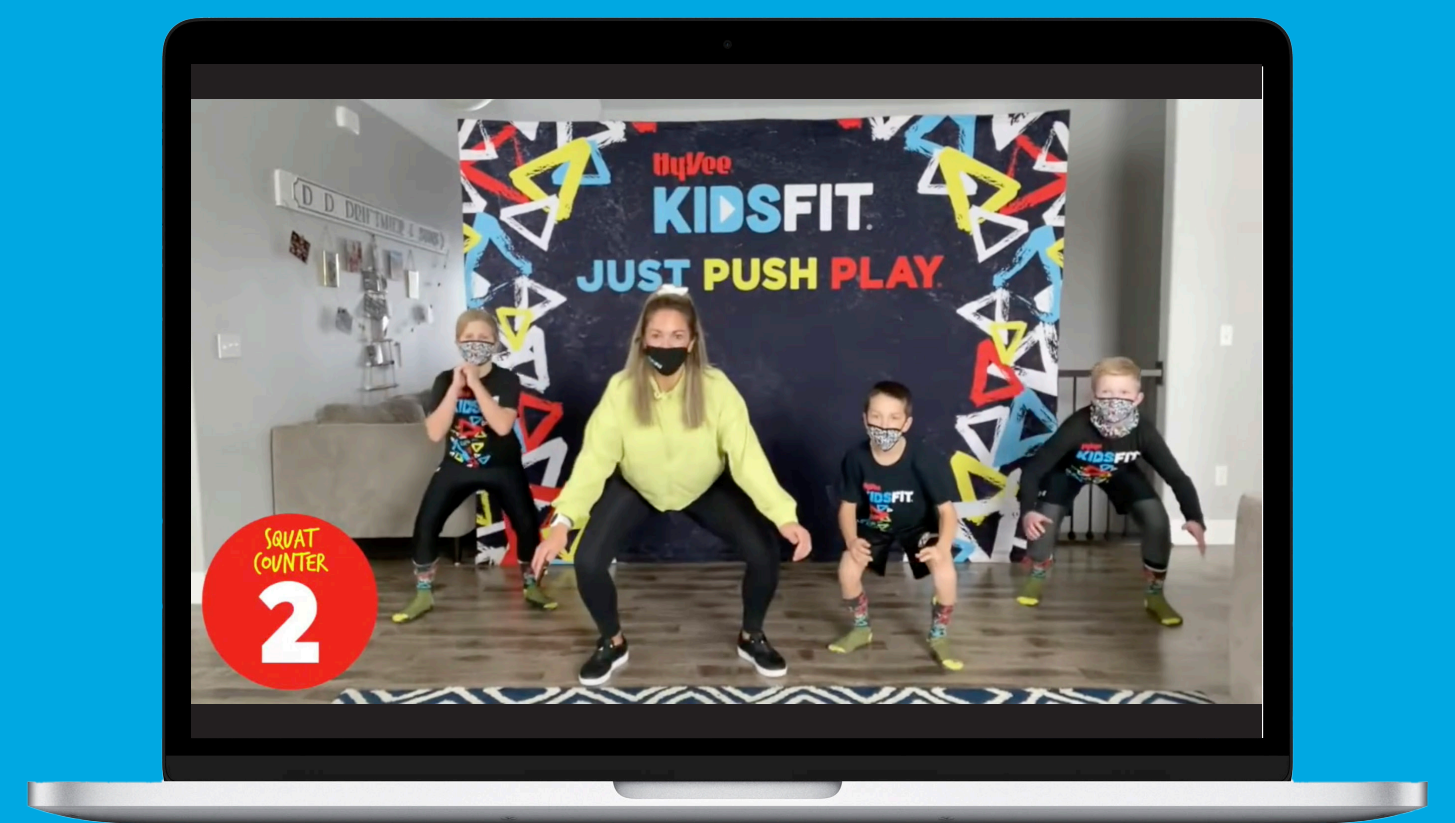


DAY 3

You have been working hard and your legs may be feeling sore. Build camaraderie in your classroom to lift your teammates up today!



Encouraging Others



Day-0

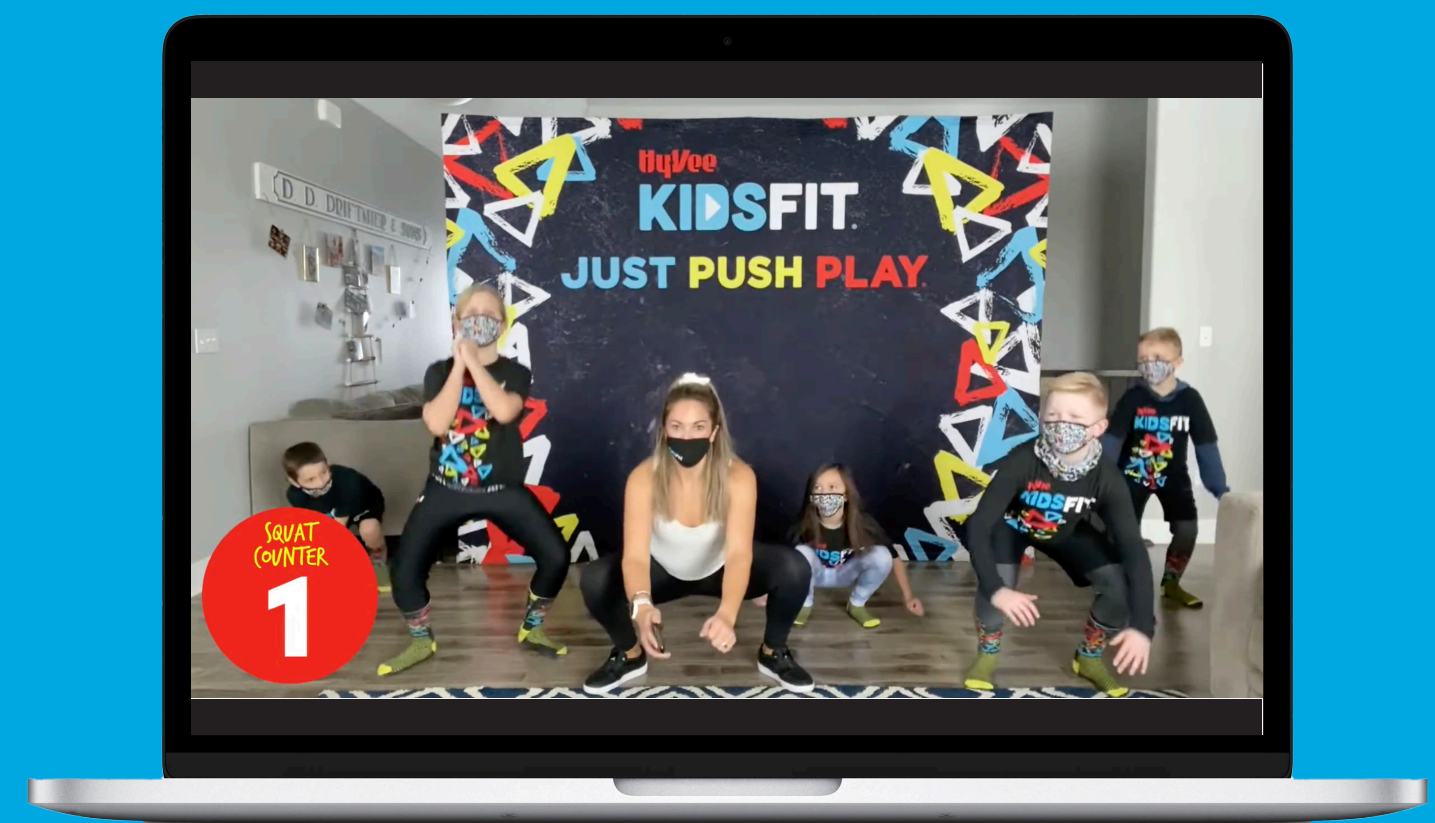


DAY 4

The end of the challenge is approaching, it's time to check in on your goal progress and make adjustments if needed!



How To Adapt



Flower



DAY 5


Win or lose you gave it your all and it's time to celebrate your hard work!



Sportsmanship,
Winning vs Losing



Celebration

The top of the image features a series of overlapping, colorful geometric patterns. These patterns consist of vertical and diagonal lines in shades of red, blue, yellow, and grey, creating a dynamic, abstract border.

THANK YOU TO
OUR TEACHERS FOR
MAKING MOVING
FUN AT SCHOOL.

[SUBMIT YOUR SQUAT TOTALS HERE!](#)

TAG US ON SOCIAL!

When you share your classroom's commitment to health and wellness you are inspiring others to take the next step!



[@HyVeeKidsFit](#)



[@HVKidsFit](#)



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[@hyvee_kidsfit](#)



[Hy-Vee KidsFit](#)



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#KIDSFITSQUATCHALLENGE

HELP KIDS MOVE MORE AT HOME.

Encourage your families to join the KidsFit Club at HOME to complete the monthly challenge.

It's FREE and fun ways to make health part of the conversation at home.

BONUS, they could earn cool prizes for the whole family.

FAMILIES CAN LEARN MORE HERE

