

# CATHOLICFIT WORKSHEET

## Introduction

Name: \_\_\_\_\_ Student's name goes here. Parents Initial: \_\_\_\_\_ \*Optional according to Teacher's instructions

3 Parents & guardians, please review with your student

## FAITH & FITNESS

# 1 EIGHT WEEKLY LESSONS

WITH AN EXERCISE OF THE WEEK

Each week we do an exercise that will help you get healthy and strong. Practice these moves in PE Class, as a break from your homework, and as a part of your family exercise time.

Squat  
(Sit to Stand)

## Welcome to CatholicFIT!

### Please Review the 3 Sections

This introductory sheet explains what will be on each weekly worksheet for the 8 week program.

# 2 REFLECTION QUESTION & GOALS

YOU WILL HAVE A QUESTION TO THINK ABOUT IN THIS SECTION

This section helps you think about your faith and fitness at the same time. It also focuses on healthy habits other than just exercising, such as drinking more water and getting good sleep.



## What is CatholicFIT?

In this third section, we will learn about the CatholicFIT Pillars and Principles. These ideas help us stay fit and faithful, and remind us to use our fitness to honor God and serve others.

“As the family goes, so goes our nation and the whole world.”

– Pope John Paul II

While you will be practicing these things at school, we know your fitness habits begin at home. We hope you can practice the exercises with your family at home each week.

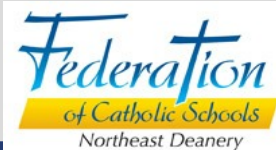
“What does the Catholic Church and bible say about that?”

The bible teaches us all kinds of cool things about being a Christian and a good person. There is another book that teaches us about being Catholic. It is called the Catechism. When you see “CCC” in this section, that means the idea came from the Catechism of the Catholic Church book.

For more videos & articles visit [CatholicFIT.com](http://CatholicFIT.com).

## FITNESS WORKSHOPS & FINALE CHALLENGE

There will be a few fitness workshops you and your family can attend in one of our school gymnasiums. You can exercise with other students and families and learn many more exercises you can do at home.



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