

CATHOLICFIT WORKSHEET

for students and families

Name: _____ Parents Initial: _____

Parents & guardians,
please review with
your student

THREE PILLARS

WEEK 1: I AM FIT TO SERVE

EXERCISE OF THE WEEK: CURL UP

Keep your heels on the floor, try not to hold your breath, touch your hands to the floor, then "curl up" and touch your toes. Homework: 2 sets of 10 reps.



You will be tested on how many curl ups you can do in 60 sec. Practice this one at home. It will also be part of the finale Challenge in April at Trinity High School.



Faith

Catholics believe faith gives us a reason to be alive. It gives us hope. We have faith in Jesus Christ. We look for Jesus in each person we meet, and treat them as we would treat Jesus. "Christ is the center (or core) of all Christian life." (CCC#1618)

Fitness

Catholics believe that to have faith means you have to act on it, such as helping others, praying often and going to church. (James 2:17) Fitness is the same. Being fit means you move a lot every day. We aim to live a "movement lifestyle." We move, play and exercise every day, remembering that our health is a precious gift. (CCC#2288)

Service

Catholics live to help others. *Faith in action is love. Love in action is service.* (Mother Teresa) CatholicFIT is about action in both faith and fitness. We pay it forward, share our success, and practice "stewardship." Christian stewardship is to offer your time, talents and your treasure to help others. To be CatholicFIT is to stay fit in order to help others.

REFLECTION QUESTIONS

If you want to be a faithful and fit person, it is important to think about what it means to you to be these things.

WRITE 3 WORDS THAT MEAN CATHOLIC TO YOU:

1. _____

2. _____

3. _____

WRITE 3 WORDS THAT MEAN FITNESS TO YOU:

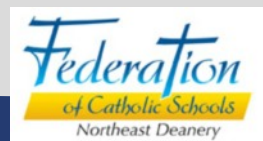
1. _____

2. _____

3. _____

Find more exercises, videos & tips at CatholicFIT.com

Also keep an eye on your inbox for emails with more details and ideas for practicing the CatholicFIT principles.





(Teacher-Parent-Online Version)

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REFLECTION QUESTIONS ON IDENTITY

Identity-based behavior means we are motivated to act in a way that aligns with how we identify ourselves. If we identify as a fit person, we may create habits to support this identity. Therefore, to set and achieve any goal, it is important to first develop a unique, personal identity to support this goal. The following questions help us develop faith and fitness-based identities:

WRITE 3 WORDS OR IDEAS THAT MEAN CATHOLIC TO YOU:

1. Being a part of a big family ... being challenged to live a good life ... Jesus ... Mary ... Church ... relationship with God
A place to learn about my faith and spirituality. a road map to heaven,
2. where I can learn to be a saint
Having a moral compass. finding love and support from others, going to Mass (at least) every Sunday, being a man of virtue
3. _____

WRITE 3 WORDS OR IDEAS THAT MEAN FITNESS TO YOU:

1. Healthy - always healing, having energy. eating good food, movement, training
Strong in mind and body - able to handle stress, always learning about my body,
2. flexible, fast, rested, helping others
Wrestling with kids, playing basketball, hiking, biking, soccer. dancing. swimming, just playing!
3. _____

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