

ACS SUMMER FITNESS CHALLENGE

Parents and Students,

ACS is launching a new summer program to build strong bodies for athletic competition. This challenge is all about physical development to aim for success in the 2026-2027 athletic seasons.

Students who complete the summer workout will receive a dri-fit shirt that can be worn during PE and/or spirit days.

The goals are challenging-but attainable. Parents, please hold your students accountable during the summer that they did the work. We have 10 full weeks of summer break. Please see the handout accompanying this letter for a checklist to turn in at the beginning of school next August to verify completion of the goals.

Let's get comfortable with being uncomfortable! Let's do the work this summer for more rewards next year in our games.



GOALS:

100 MILES RUNNING

3000 PUSHUPS

3000 SITUPS

3000 BODYWEIGHT SQUATS

There are 81 days of summer. Each exercise has 100 bubbles, therefore multiple bubbles will need to be completed most days to reach the goal!

100 MILES RUNNING

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

3000 PUSHUPS

30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30

3000 SITUPS

30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
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30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30

3000 BODYWEIGHT SQUATS

30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
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30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30

I VERIFY THAT _____ HAS COMPLETED THE SUMMER FITNESS CHALLENGE.

PARENT SIGNATURE: _____ STUDENT SIGNATURE: _____