

LEARN TO SKATE USA

5x5 Challenge

Can you complete each of these healthy initiatives five times throughout the month? Record your progress below, and use this activity to track your habits and build new ones!

Complete a Learn to Skate USA
off-ice challenge



Do 15 minutes of cardio
(running, jump rope, etc.)



Spend at least 15 minutes
outside (riding a bike,
walking, etc.)



Practice skating skills
off the ice



Eat a healthy post-exercise
snack



— LEARN TO —
SKATE
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