

Bee Healthy

WEEK	TASK	
ONE (October 17 – October 23)	Endurance Run	PRACTICE
TWO (October 24 – October 30)	Endurance Run	PRACTICE
THREE (October 31 – November 6)	Endurance Run	PRACTICE
FOUR (November 7 – November 13)	Endurance Run	PRACTICE
FIVE (November 14 – November 20)	Endurance Run V-Sit Reach	PRACTICE
SIX (November 21 – November 27)	Endurance Run V-Sit Reach	PRACTICE
SEVEN (November 28 – December 4)	Endurance Run V-Sit Reach	PRACTICE
EIGHT (December 5 – December 11)	Endurance Run V-Sit Reach	PRACTICE
NINE (December 12 – December 18)	Endurance Run V-Sit Reach	PRACTICE
TEN (December 19 – December 25)	Endurance Run V-Sit Reach 5 -Push-up	PRACTICE
ELEVEN (December 26 – January 1)	Endurance Run V-Sit Reach 5 -Push-up	PRACTICE
TWELVE (January 2 – January 8)	Endurance Run V-Sit Reach Push-ups	PRACTICE
THIRTEEN (January 9 – January 15)	Endurance Run V-Sit Reach Push-up	PRACTICE
FOURTEEN (January 16 – January 22)	Endurance Run V-Sit Reach Push-up	PRACTICE
FIFTEEN (January 23 – January 29)	Endurance Run V-Sit Reach 5 - Push-up	PRACTICE
SIXTEEN (January 30 – February 5)	Endurance Run V-Sit Reach 5 - Push-up 8 - Curl-Up	PRACTICE
SEVENTEEN (Feb. 6 – Feb. 12)	Endurance Run V-Sit Reach 5 - Push-up 8 - Curl-Up	FINAL TEST WEEK
EIGHTEEN (Feb. 13 – Feb. 19)	Endurance Run V-Sit Reach 5 - Push-up 8 - Curl-Up	FINAL TEST WEEK
NINETEEN (Feb. 20 – Feb. 26)	Endurance Run V-Sit Reach 5 - Push-up 8 - Curl-Up	FINAL TEST WEEK
FINAL TEST	Endurance Run one mile 6 -7 years of age ¼ mile 8 – 9 years ½ mile V-Sit Reach 5 Push ups 8 Curl-ups	

Points will be awarded for participating in final test

Additional points will be given for completing test

Bee Healthy is sponsored by

Clay County Health Department

For Questions or More Information call 304.587.4269

or our web page www.cchd.wv.gov to send written comments

