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Directions: Complete each fitness challenge for each day of the month. If you miss a day, that's ok. Just make up that exercise on the next day. The idea is to do something active everyday!

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1  10 Arm circles forward and backward	2 REST DAY	3  50 jumps with a rope or an imaginary jump rope	4  Stretch to each toe counting to 25 on both sides	5  10 push ups to your belly and up	6  Hold one foot up and count to 30 - SWITCH
7  15 sit-ups with toes under the couch	8 REST DAY	9  Shoulder stretch while singing your favorite song	10  Challenge a family member to 50 jumping jacks	11  Triceps stretch on both sides while singing the ABC's	12  Jog for 1 whole song	13  Hold a side bend on each side and spell your name
14 REST DAY	15  Hula hoop or use an imaginary hoop while counting to 100 by 2's	16  Hold a forward bend stretch and count to 30 - repeat 3x's	17  30 windmill toe touches - touching opposite foot	18  Hold one foot up and sing the months of the year - SWITCH	19  50 criss-cross jacks crossing feet and crossing hands over head	20  Stretch to each toe counting to 25 on both sides
21  10 Arm circles forward and backward	22  Shoulder stretch while singing your favorite song	23  Jog around your house 10 times	24  Hold a side bend on each side and spell your last name backwards	25  Do a jumping jack for each letter of the alphabet	26  Stretch to each toe singing twinkle, twinkle little star	27 REST DAY
28  30 windmill toe touches - touching opposite foot	29  Hold a forward bend stretch and sing your school song	30  10 push ups to your belly and up	1  YOU ARE AWESOME!	2  YOU ARE AWESOME!	3  YOU ARE AWESOME!	4 YOU CAN DO IT 

EXERCISE