



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Health Observances: <ul style="list-style-type: none"> American Diabetes Month Lung Cancer Awareness Month 		1 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	2 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.	3 Walking Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions	4 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. Complete 10 then switch.	5 Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.
6 Stairs Run up stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.	7 Walking High Knees Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up.	8 Cow Pose On all fours arch your back with your head looking up while your tummy is pushed toward the ground. 	9 Cardio Day! 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups	10 Hold for 10 seconds Right Side Plank Left side plank Superman Rest Repeat 10 times	11 Leg Day! 20 squats 20 walking lunges 20 high knees	12 Cat Pose On all fours round your back pulling you spine towards the ceiling while looking at the ground. 
13 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	14 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold	15 Halfway Sprint Sprint down a hallway 10 tuck jumps Sprint back down 10 jumping jacks Stretch Got more energy? Do it again!	16 10 front kicks 10 switch lunges 10 squats, on the 10 th squat hold and complete 10 boxing punches.	17 10 Butt Kicks 10 high knees Stretch Repeat	18 Jumping Jacks Try and complete 10 sets of 10 jacks today.	19 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.
20 10 tricep dips 15 second seated straddle stretch 20 crunches 25 jump rope reps	21 Cow-Cat Pose Try your cow and cat yoga poses together.	22 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	23 10 Switch Lunges Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.	24 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.	25 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	26 10 front kicks 10 switch lunges 10 squats, on the 10 th squat hold and complete 10 boxing punches.
27 Leg Day! 20 squats 20 walking lunges 20 high knees	28 Shuttle Run Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.	29 10 Butt Kicks 10 high knees Stretch Repeat	30 Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps	SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!		

WEEK 1: I COMPLETED ____
OUT OF 5 DAYS.

NAME _____

TEACHER _____

PARENT SIGNATURE _____

WEEK 2: I COMPLETED ____
OUT OF 7 DAYS.

NAME _____

TEACHER _____

PARENT SIGNATURE _____

WEEK 3: I COMPLETED ____
OUT OF 7 DAYS.

NAME _____

TEACHER _____

PARENT SIGNATURE _____

WEEK 4: I COMPLETED ____
OUT OF 7 DAYS.

NAME _____

TEACHER _____

PARENT SIGNATURE _____

WEEK 5: I COMPLETED ____
OUT OF 4 DAYS.

NAME _____

TEACHER _____

PARENT SIGNATURE _____

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each coupon
separately