






Fitness Calendar

Below is a fun fitness calendar you can do with your family. To make it extra fun, roll two dice, add them together and do each daily exercise that many times. Place a checkmark next to each day that you complete.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p>  <p>Jog in place for one minute</p>	<p>17</p>  <p>Do 20 jumping jacks</p>	<p>18</p>  <p>Do 10 push ups</p>	<p>19</p>  <p>Jump rope or jump over a line 10 times.</p>	<p>20</p>  <p>Do 10 sit ups</p>
<p>23</p>  <p>Crab walk around a room</p>	<p>24</p>  <p>Do 10 squats</p>	<p>25</p>  <p>Do your PE stretches</p>	<p>26</p>  <p>Do 20 wall push ups</p>	<p>27</p>  <p>Run in place for one minute</p>
<p>30</p>  <p>Say your ABC's while jumping</p>	<p>31</p>  <p>Jog in place for 30 seconds in every room in your home.</p>	<p>1</p>  <p>Dance to your favorite song</p>	<p>2</p>  <p>Balance on one foot while you count to 10</p>	<p>3</p>  <p>Pretend to hula hoop while saying the alphabet (use a hula hoop if you have one)</p>

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<p>6</p>  <p><small>shutterstock.com • 136958927</small></p> <p>Challenge your family to a "jumping jack race to 50"</p>	<p>7</p>  <p>Skip for one minute</p>	<p>8</p>  <p>Do 60 seconds of arm circles forwards then backwards</p>	<p>9</p>  <p><small>shutterstock.com • 285036797</small></p> <p>Do a plank for 20 seconds</p>	<p>10</p>  <p>Rest and say a prayer with your family</p>

Student: _____ Grade: _____

Parent Signature: _____