<table>
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<th><strong>SUNDAY</strong></th>
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| **30**     | **31**     | **TUESDAY** | **WEDNESDAY**| National Health Observances:  
- Safe Toys and Gifts Month | **FRIDAY** | **SATURDAY** |
| Find a healthy holiday dessert recipe and make it for your family or friends! | Give your favorite activity this month another try and write down 2-3 physical activity goals you would like to accomplish in 2019. | 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. |  |  | **1** Keep a food journal of everything you eat this month. Eat sweets in moderation! |
| **2**      | **3**      | **4**       | **5**        |  |  |  |
| It’s holiday season! Have your kids help you hang up lights and decorations both indoors and outdoors. | **Exercise Circle**  
Have every member of the family come up with two exercises for everyone to do. Do 20 reps of each exercise. Vary the muscle groups. | Play a game of football, basketball, table tennis, racquetball, or volleyball with some friends! | Over-And-Under  
Pass the medicine ball (or ball of similar weight) with a partner through the legs and then overhead. Do 15 reps and switch positions. |  |  |  |
| **9**      | **10**     | **11**      | **12**       |  |  |  |
| Community Service  
Go buy a safe toy(s) with your family and donate it. Discuss ways to prevent blindness. | **Stadiums!**  
Go to your local high school bleachers and jog up and down them. How many times can you go without stopping? No bleachers? Use stairs! | **Arms Day**  
20 triceps dips  
15 push-ups  
10 wide-arm push-ups  
5 diamond push-ups | **Blare some music and dance around the house or play an interactive game like Just Dance or Wii Sports!** |  |  |  |
| **16**     | **17**     | **18**      | **19**       |  |  |  |
| Take a group fitness class or do a workout video of your choice!  
Another option is to do step-ups to music for 10 minutes! Get the whole family involved! | **Side Plank Competition**  
See which family member can hold a side plank the longest.  
Do both sides. | **Jumping Lunges**  
Really lift those arms and explode off the ground!  
Repeat three times for 30 seconds. Try and beat your best score! | Practice all the jump rope moves we’ve learned so far:  
backwards jump, single leg jump, scissor, heel-to-toe, and toe-to-toe.  
Can you connect them all? |  |  |  |
| **23**     | **24**     | **25**      | **26**       |  |  |  |
| Dolphin Pose  
Like downward dog, but on your forearms. Hold Dolphin Pose three times for 15 seconds. | **Box Drills**  
Sprint forward 15 yards, side shuffle left 15 yards, back peddle 15 yards, side shuffle right 15 yards. Go as fast as you can for 1 minute. Repeat 5 times. | **Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Do 3 sets of 10 reps. Stay low on the shuffles and keep your feet apart when squatting.** | **Hundred Hold**  
Lay on your back and slightly lift your back/shoulders and legs off the ground. Pump your arms vigorously within a 6 inch range. Complete 100 reps twice. |  |  |  |
| **28**     | **29**     | **30**      | **31**       |  |  |  |
| **Compression Ball Push-ups**  
Do 10 push-ups with a squishy ball under one hand. Switch hands and repeat. | **Dribble a basketball 200 times with your right hand, then 200 times with your left hand. Make it a competition with your friends!** | **Sprint forward 15 yards, back peddle 15 yards, side shuffle right 15 yards, side shuffle left 15 yards. Go as fast as you can for 1 minute. Repeat 5 times.** | **Dolphin Pose**  
Three times  
Hold  |  |  |  |
| **1st Shuffle**  
Side shuffle left 15 yards, back peddle 15 yards, side shuffle right 15 yards, side shuffle left 15 yards. Go as fast as you can for 1 minute. Repeat 5 times. | **Jumping Lunges**  
Really lift those arms and explode off the ground!  
Repeat three times for 30 seconds. Try and beat your best score! | **Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Do 3 sets of 10 reps. Stay low on the shuffles and keep your feet apart when squatting.** | **Hundred Hold**  
Lay on your back and slightly lift your back/shoulders and legs off the ground. Pump your arms vigorously within a 6 inch range. Complete 100 reps twice. |  |  |  |
| **2nd Shuffle**  
Side shuffle right 15 yards, back peddle 15 yards, side shuffle left 15 yards, side shuffle right 15 yards. Go as fast as you can for 1 minute. Repeat 5 times. | **Over-And-Under**  
Pass the medicine ball (or ball of similar weight) with a partner through the legs and then overhead. Do 15 reps and switch positions. | **Hold your arms out in front of you for a minute, out to the side for a minute, and up by your ears for a minute all without taking a break.  
Sound easy? Find out for yourself!”** |  |  |  |