<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</thead>
</table>
| **National Health Observances:**  
  - National Courtesy Month  
  - National Self-Care Awareness Month  
  - National Suicide Prevention Month  
  - Fruit and Veggies – More Matters Month  
  - National Childhood Obesity Awareness Month  
  - National Yoga Awareness Month | **1 Set a Goal!**  
  How many days can you be active in September. Make sure you tell a grown-up at home. Write it in this square. | **2 Jumping Jacks**  
  How many jumping jacks can you do in 30 seconds? Write it down. | **3 H20**  
  Every time you have a glass of water, record a tally mark! | **4 Throw to a Target!**  
  Create a target and use a rolled-up sock. Move back if you make it; step forward if you miss. How far can you get away from the target? | **5 Step it Out**  
  If you can go outside, record the number of steps to get to the closest tree. Record how many jumps to come back? Which took more? |
| **6 Plank Contest!**  
  How long can you hold a plank position? Challenge someone at home to a contest! | **7 Labor Day**  
  Ask someone at home how you could help with chores around the house. | **8 Balance Challenge!**  
  Can you balance on 3 points of contact? 2? 1? How long can you balance on each? | **9 Just Keep Running!**  
  Jog or run for 5 minutes. Stretch your arms and count to 30. Stretch your legs and count to 30. How did you feel after running compared to how you felt after stretching? | **10 Try it!**  
  Try a new fruit or vegetable. Tell us what it was—draw or write. Did you like it? | **11 Lungs are for Breathing!**  
  Do 30 frog jumps, then do 30 sit ups. Circle which one made you breathe harder. |
| **13 Grandparents Day**  
  Call or FaceTime a grandparent or senior you know. Ask them something they’ve learned about being healthy. | **14 Get Creative!**  
  Create the same target as on the 4th. Create a trick shot! Are there other games you could create? Teach one to someone. | **15 Stay Hydrated!**  
  Try to drink more water today than you did on the 3rd. Record tally marks to keep track. Do you feel better? | **16 Beat your Record!**  
  Record how many jumping jacks you can do in 30 seconds? Did you beat your previous score? | **17 Cardio Quest**  
  Walk back to the same tree as the 5th. Gallop or skip on the way back. Which made your heartbeat faster? | **18 Dance Party!**  
  Turn on music and create a dance! Was it fast or slow? |
| **20 Be the Teacher!**  
  Teach someone how to skip or gallop. Was it hard to teach someone else? | **21 What’s your Favorite?**  
  Pick your favorite sport or game. Play by yourself or with someone at home. | **22 First Day of Autumn!**  
  Try to eat an apple today. What kind of apple is your favorite? | **23 Gratitude**  
  List 3 things that you are grateful for. If it is a person, tell them. | **24 The Places You’ll Go!**  
  Can you make your heartbeat faster by skipping or leaping? Can you increase the distance by going straight, curved, or zigzag? | **25 The Great Outdoors**  
  How many minutes were you outside today? More or less than usual? Why? Write it down. |
| **27 Outside > TV**  
  Today, make sure you are outside more than you watch TV today! | **28 Challenge Yourself!**  
  Record the number of jumping jacks you can do in 30 seconds? Did you beat your previous score? | **29 Tree Pose**  
  Balance on one leg. Bend your other leg bring your foot to your knee. Reach high and touch hands above your head. What kind of tree are you? | **30 Celebrate!**  
  Did you meet your goal this month? Celebrate your success by picking your favorite activity from the calendar repeating it! | **26 TV Tracker**  
  How many minutes did you watch TV today? Write it down. | **19 Grocery Bag Juggle**  
  Find 3 plastic grocery bags. Try tossing and catching one between your left and right hand. Then try 2 bags. How long can you keep 3 grocery bags in the air? |