

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	2 Try and sprint from one end of your street to the other. Have a family member time you.	3 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	4 5 walking lunges 5 jumping split squats 5 jump squats 3 times through	5 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms. National Day of Unplugging (starts at sundown)	6 Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups National Day of Unplugging (ends at sundown)
7 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.	8 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side. 	9 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	10 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times	11 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.	12 Happy Baby Pose Straighten your legs for an added challenge. 	13 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped. National Good Samaritan Day
14 Chest Pass Practice your chest passes against a brick wall. Remember to step towards your target.	15 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.	16 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	17 Code Words While watching TV any time you hear the code words complete 10 jumping jacks. Code words: green, St. Patrick's Day, lucky, leprechaun	18 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	19 Pretend! Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car	20 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.
21 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!	22 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!	23 Complete 25 of the following: High Skip Squat Jumps High Knees Walk backwards	24 Squat with Kicks Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.	25 Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups	26 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds	27 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.
28 Vertical Jump Jump as high as you can for 30 seconds. Repeat.	29 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat. 	30 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.	31 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	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!	National Health Observances: <ul style="list-style-type: none"> National Nutrition Month 5th – 6th National Day of Unplugging (sundown-to-sundown) 13th - National Good Samaritan Day Yoga pictures from www.forteyoga.com	