

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Give your favorite activity this month another try and write down 2-3 physical activity goals you would like to accomplish in 2018.	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 OBSERVANCE Safe Toys and Gifts Month (preventing blindness)		1 Keep a food journal of everything you eat this month. Eat sweets in moderation!	2 It's holiday season! Help hang up lights and decorations both indoors and outdoors.
3 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.	4 Play a game of football, basketball, table tennis, racquetball, or volleyball with some friends!	5 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.	6 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!	7 Agility Ladder Drills Make a ladder on the ground with tape or chalk. - High knees (1 foot per square from front of ladder) - In-In-Out-Out (from front and side of ladder) - 2 In-2 Over-2 Out (from front and side of ladder) Repeat all 5 exercises 5x	8 Boat Pose  Hold Boat Pose three times for 15 seconds. Practice a pose from last month, too!	9 Interval Training Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute Repeat 5 times. Be sure to cool down and stretch!
10 Community Service! Go buy a safe toy(s) (particularly one that promotes fitness like a soccer ball or hula hoop) with your family. Deliver it to a needy family or giving tree!	11 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!	12 Arms Day 20 triceps dips 15 push-ups 10 wide-arm push-ups 5 diamond push-ups	13 Blare some music and dance around the house or play an interactive game like Just Dance or Wii Sports!	14 Jump rope as fast as you can for 1 minute, then rest for 1 minute. Repeat 5 times.	15 Find a healthy holiday dessert recipe and make it for your family or friends!	16 Bundle up Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!
17 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!	18 Side Plank Competition! See which family member can hold a side plank the longest. Do both sides.	19 Jumping Lunges! Really lift those arms and explode off the ground! Repeat three times for 30 seconds. Try and beat your best score!	20 Practice all the jump rope moves we've learned so far: backwards jump, single leg jump, scissor, heel-to-heel, and toe-to-toe. Can you connect them all?	21 Watch a holiday movie with the family! Do conditioning exercises during the commercials (squats, crunches, jumping jacks, push-ups, etc.)	22 Enjoy a day sledding or having a snowball fight. No snow? Be creative and make up a game with your family!	23 Any time you ride in a car today, park as far away as possible from your destination. Get some extra walking steps in!
24 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.	25 Dolphin Pose Like downward dog, but on your forearms. Hold Dolphin Pose three times for 15  seconds.	26 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.	27 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 Gather up some friends or family members and have sprint races on the high school track. Who can go the fastest? Be sure to cool down and stretch afterwards!	29 Compression Ball Push-ups! Do 10 push-ups with a squishy ball under one hand. Switch hands and repeat.	30 Dribble a basketball 200 times with your right hand, then 200 times with your left hand. Make it a competition with your friends!