

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Health Observances: <ul style="list-style-type: none"> American Diabetes Month Lung Cancer Awareness Month 		1 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	2 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.	3 Walking Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions	4 Side to Side Jumps Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!	5 Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.
6 Stairs Run up stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.	7 Jump rope to music! Can you jump to an entire song without stopping?	8 Cow Pose On all fours arch your back with your head looking up while your tummy is pushed toward the ground. 	9 Card Fitness Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. ♠- jumping jacks ♣- squats ♥- mountain climbers ♦- Your choice	10 Commercial Planks Can you plank during an entire commercial break?	11 Leg Day! 20 squats 20 walking lunges 20 high knees	12 Cat Pose On all fours round your back pulling you spine towards the ceiling while looking at the ground. 
13 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	14 4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold	15 See how many times you can run around the outside of your house without stopping. Check your pulse when done.	16 Basketball Shooting Target Practice Using an empty laundry basket or bucket, practice shooting a small object inside. Each time you make it take a step back.	17 Balloon Tennis Blow up a balloon and with a partner hit the balloon back & forth. Use forehand and backhand	18 Jump rope to music! Can you jump to an entire song without stopping?	19 Side to Side Jumps Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!
20 10 tricep dips 15 second seated straddle stretch 20 crunches 25 jump rope reps	21 Cow-Cat Pose Try your cow and cat yoga poses together. 	22 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	23 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	24 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.	25 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	26 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.
27 Leg Day! 20 squats 20 walking lunges 20 high knees	28 Shuttle Run Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.	29 Target Practice Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!	30 Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps	<p>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!</p>		