



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sports Day   Dribble a Soccer ball for 3 minutes	2  1 Minute Fitness Challenge	3 Take a Walk along a body of water with a family member
4  <b>REST</b>	5 Jog in place or around your house for the duration of your favorite song	6 3 Sets of 10 Squats	7 How long Day How long can you hold a plank? Record	8 Sports Day  Dribble a basketball for 3 minutes	9  1 Minute Fitness Challenge  	10 Take a walk through a forest with a family member
11  <b>REST</b>	12 Complete Your Name Workout  <a href="#">Name Workout</a>	13 3 Sets of 5 Burpees  	14 How Long Day- How long can you hold a Wall Sit? Record	15 Sports Day Use a racket and bounce the ball against a wall or to yourself for 3 minutes	16  1 Minute Fitness Challenge	17 Take a walk somewhere new with a family member
18  <b>REST</b>	19 Flip a Coin Workout  <a href="#">Coin Workout</a>	20 3-Sets of 15 Toe Touches	21 Side Plank- How long can you hold a side plank on your right side?	22 Sports Day   Use a baseball or football and play catch for at least 3 minutes.	23  1 Minute Fitness Challenge	24 Take a walk through a neighborhood with a family member
25  <b>REST</b>	26 Roll the Dice Workout  <a href="#">Dice Workout</a> 	27 3 - Sets of 10 Forward Walking Lunges	28 Side Plank- How long can you hold a side plank on your Left side?	29 Sports Day  Pass a volleyball/balloon to yourself for 3 minutes	30  1 Minute Fitness Challenge  	31  HAPPY HALLOWEEN

Parent Signature \_\_\_\_\_

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