








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Pyramid Workout 15 Jumping Jacks 10 Squats 5 Push-ups 10 Squats 15 Jumping Jacks	2 Stretch Day Hold for 20 Seconds -Sit and Reach -Bicep Stretch -Hamstring Stretch	3 Heart Challenge! (Pick 2 or 3 Movements from the AHA 25 Ways to Get Moving) Heart Movement	4 Sport's Day Dribble a Soccer ball for 5 minutes!	5 PE Games -Play Tag with your family/family member.	6 Heart Healthy BINGO (Pick 3 or more Heart Healthy Actions to complete over weekend) Heart Bingo
7 REST	8 Pyramid Workout 15 Mountain Climbers 10 Crunches 5 Burpees 10 Crunches 15 Mountain Climbers	9 Stretch Day Hold for 20 Seconds -Quadricep Stretch -Butterfly Stretch -Chest Stretch	10 Heart Challenge!  (Pick 2 or 3 Movements from the AHA 25 Ways to Get Moving) Heart Movement	11 Sport's Day Play catch using a baseball/football for 5 minutes!	12 PE Games -Race a family member in a crab walk race.	13 Heart Healthy BINGO (Pick 3 or more Heart Healthy Actions to complete over weekend) Heart Bingo
14 REST	15 Pyramid Workout  15 Toe Touches 10 Windmills 5 Frog Jumps 10 Windmills 15 Toe Touches	16 Stretch Day Hold for 20 Seconds -Torso Stretch -Calf Stretch -Side Stretch 	17 Heart Challenge! (Pick 2 or 3 Movements from the AHA 25 Ways to Get Moving) Heart Movement	18 Sport's Day Volley a volleyball/balloon for 5 minutes!	19 PE Games -Play Rock, Paper, Scissors. Winner takes a victory lap (create your own lap).	20 Heart Healthy BINGO (Pick 3 or more Heart Healthy Actions to complete over weekend) Heart Bingo
21 REST	22 Pyramid Workout 15 Ski Jumps 10 Leg Lifts 5 Squat Jumps 10 Leg Lifts 15 Ski Jumps	23 Stretch Day  Hold for 20 Seconds -Straddle Stretch -Head Turns -Standing Toe Reach	24 Heart Challenge! (Pick 2 or 3 Movements from the AHA 25 Ways to Get Moving) Heart Movement	25 Sport's Day Dribble a basketball for 5 minutes! 	26 PE Games  -Play Monopoly Fitness Monopoly Game Link	27 Heart Healthy BINGO (Pick 3 or more Heart Healthy Actions to complete over weekend) Heart Bingo
28 REST						

Parent Signature _____

Parent Signature _____