



ACTIVITY CALENDAR

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|---|---|--|--|---|---|---|
| 1 | <p>Challenge a friend or family member to a jump rope contest. See who can jump the most times in a minute. Repeat several times. Finish up with some stretching exercises and plank holds.</p> | <p>Complete three sets of a circuit training workout:</p> <ul style="list-style-type: none"> • Jog 2 minutes • 15 lunges R/L • Plank hold 20 seconds • 15 squats • Table top hold 20 seconds • 20 crunches • 10 push-ups... modify is needed • REPEAT 3X • Stretch | <p>Turn up the music and dance for at least 30 minutes.</p> <p>Do your favorite dance moves or look up a line dance or traditional dance online and learn it!</p> <p>Teach the dance to your friends & family!</p> <p>Stretch when finished!</p> | <p>Get up 15 minutes early today & do:</p> <p>20 crunches 10 push-ups 15 squats 10 lunges R/L Stretching</p> <p>Watch your favorite TV show and do activities during the commercials: Jumping jacks Plank holds Wall sits Crunches Hoola hoop March in place Stretch</p> | <p>Have a game night with friends or family.</p> <p>Play tag...look online for a variety of tag games.</p> <p>Play twister!</p> <p>Get out your video game system and play a dance game or another activity game... see who wins!</p> <p>Eat a healthy snack when finished!</p> | <p>If you still have snow, go sled riding with your family! Walking back up that hill is a great workout!</p> <p>No snow? Take a hike in the woods or at a local park. Look for signs of spring!</p> <p>Take time to stretch when you are done!</p> | <p>Family Activity Day!</p> <p>Participate with your family in a physical activity everyone enjoys. Take a hike, bike ride, play at the park, etc. Aim for at least 60 minutes of fun...get outside if you can & enjoy the weather!</p> |

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