**Fitness Calendar**

Below is a fun fitness calendar you can do with your family. You can place the date in the upper left corner of the chart. Have fun!

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Jog in place for one minute | Do 20 jumping jacks  | Do 10 push ups | Jump rope or jump over a line 10 times. | Do 10 sit ups |
| Do a plank for 20 seconds. | Do 10 squats | Do 20 arm circles forward then backward. | Do 20 wall push ups | Skip for one minute. |
| Say your ABC’s while jumping | Jog in place for 20 seconds in every room in your home. | Dance to your favorite song | Balance on one foot while you count to 10. Now balance on the other foot! | Pretend to hula hoop while saying the alphabet (use a hula hoop if you have one) |
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