

CLICK ON ALL THE BLUE LINKS TO SEE YOUR PE ACTIVITY FOR EACH DAY

Fitness Calendar 1

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 *Watch and follow link for Walk 15 Family Mile with Nick Walk at Home	Day 2 *Watch and follow link for Star Wars SITH WORKOUT *60 seconds of jumping jacks *80 air punches *80 air kicks	Day 3 *Watch and follow link for Kids workout 1 Beginners	Day 4 *Watch and follow link for Have a Blast With This Family Fun Cardio Workout!	Day 5 *Watch and follow link for Kids HIIT Workout 2
Day 6 *Click the link and do it with a family member or by yourself. 2 by 2 fitness	Day 7 *Watch and follow link for Kids Workout with Tiny Bods	Day 8 *Play this board game. Can play alone or with any family member Fitness Fun Board Game	Day 9 *Watch and follow link for Kids Daily Exercise	Day 10 *Watch and follow link for Burn Fat at Home (KIDS)
Day 11 *Do the Red Workout Red Workout	Day 12 *Do the Blue Workout Blue Workout	Day 13 *Do the Yellow Workout Yellow Workout	Day 14 *Do the Green Workout Green Workout	Day 15 *Go for a family walk :-))

BELOW IS A CHART THAT IS TO TRACK OTHER ACTIVITIES OUTSIDE OF THE REQUESTED PE EXERCISES. ANY ACTIVITY OR GAME THAT YOU PARTICIPATE IN, PLEASE DOCUMENT THE ACTIVITY AND THE TIME THAT YOU SPENT PARTICIPATING IN THE ACTIVITY.

For any activities or sports activities that you do at home that don't include the activities listed above, please log them on the chart below. Goal: **30 - 60 minutes a day** of exercise.

Additional Sports Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

Red Workout

- * Jog in place for 1 minute
- * 10 R and L leg stretches
- * Plank for 20 seconds
- * 15 Scissor Jumps
- * 10 Sit Ups
- * Wall Squat 25 seconds
- * 15 Ski Jumps
- * 10 Toe Touches

Repeat For 12 Minutes
30 Second Rest in Between

Blue Workout

- * 40 Jumping jacks
- * 10 R and L arm stretches
- * 7 Squats
- * 15 Heel raises
- * 20 High knees
- * 7 Lunges
- * 15 Crunches
- * 20 Mountain Climbers

Repeat For 12 Minutes
30 Second Rest in Between

Yellow Workout

- * 40 Jumping jacks
- * 30 Second Stretch
- * 20 Back Kicks
- * 10 Squats
- * ABC Push Ups
- * 20 Jump Ropes
- * 7 Standing long jumps
- * 10 Hops each foot

Repeat For 12 Minutes
30 Second Rest in Between

Green Workout

- * Jog in place for 1 minute
- * 30 Second Stretch
- * 10 Leap Frogs
- * 10 Walking Lunges
- * 15 Squat Kicks
- * 25 Mountain Climbers
- * 15 Skips in place
- * 15 You Pick

Repeat For 12 Minutes
30 Second Rest in Between