

# APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 Good Friday	11
12 Easter Sunday	13	14	15	16	17	18
19	Fitness test, write down answers. Sit ups, push ups, trunk lift, sit and reach, 1/2 mile.	pick 8 warm ups, do 20 of each, repeat 2 more times.	Have a dance party. Practice your fitness test.	Play the workout card game.	Time yourself. How many can you do in 1 minute. You pick 4 warm ups. Repeat 2x	25 Take a family walk.
26	Do as many animal walks as you can. Repeat 2x	Go outside and play your favorite game.	Count to 100 as you do crab kicks. Repeat 2x	Touch your elbow to opposite knee 50 times.		

# MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Pick 8 different warm ups and do 3 times each. <sup>1</sup>	Turn on music <sup>2</sup> and have a family dance party.
Turn on music and have a family dance party <sup>3</sup>	Do as many side leg lifts as you can (both legs) Repeat 3x <sup>4</sup>	Practice your fitness test. Play catch. <sup>5</sup>	Run around your house 10 times <sup>6</sup>	Grab some cans and your family and do arm exercises <sup>7</sup>	Pick 8 different stretches do 3 times each. <sup>8</sup>	Go on a family bike ride or walk. <sup>9</sup>
Say 3 nice things to each family member <sup>10</sup> <small>Mother's Day</small>	Do as many front leg raises as you can (both legs) <sup>11</sup>	Count to 100 as you do karate kicks. <sup>12</sup>	Grab a book and read as you do wall sits. <sup>13</sup>	Set up a start and stop. Who is the fastest in your family? <sup>14</sup>	Who can hold a plank the longest in your family? Time it! <sup>15</sup>	Set up an obstacle course for you and your family. <sup>16</sup>
Set up an obstacle course for you and your family. <sup>17</sup>	Pick 6 warm ups. Time yourself on how many you can do for 1 minute. Repeat 2 x <sup>18</sup>	Count to 100 as you balance on each leg. Repeat 3 x <sup>19</sup>	Do 20 lunges on each leg. Repeat 3x <sup>20</sup>	Spell 10 words to a family member as you do jumping jacks. <sup>21</sup>	Pick 8 different stretches do 3 times each <sup>22</sup>	Help your family with 3 chores. <sup>23</sup>
Help your family with 3 chores. <sup>24</sup>	Play your favorite game outside. Practice your fitness test. <sup>25</sup> <small>Memorial Day</small>	Count to 100 as you do mountain climbers <sup>26</sup>	Set a timer. How many minutes can you run without stopping? <sup>27</sup>	Have a dance party. Teach someone in your family 4 warm ups. <sup>28</sup>	Pick 8 different stretches do 3 times each <sup>29</sup>	Make up a new game for you and your family to play together. <sup>30</sup>
Make up a new game for you and your family to play together. <sup>31</sup>						

# JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<sup>1</sup> Do as many laps around your house as you can.	<sup>2</sup> Count to 100 as you jump up and down.	<sup>3</sup> Retest yourself on your fitness testing. pushups, situps, sit and reach, trunk lift, 1/2 mile run. How did you do?	<sup>4</sup> Jump rope with your family. No rope? Make one or use an invisible rope!	<sup>5</sup> Pick 5 different stretches do 3 times each.	<sup>6</sup> Go on a family walk.
<sup>7</sup> Go on a family walk.	<sup>8</sup> Do as many seconds of planks as you can.	<sup>9</sup> Count to 100 as you do your favorite exercise.	<sup>10</sup> Do 20 toe touches. 3 sets.	<sup>11</sup> Lead your family in 5 exercises of your choice.	<sup>12</sup> Pick 5 different stretches do 3 times each.	<sup>13</sup> Have a family dance party Kidz Bob style.
<sup>14</sup> Have a family dance party Kidz Bop style.	<sup>15</sup> Do as many seconds of running in place as you can.	<sup>16</sup> Count to 100 as you skip.	<sup>17</sup> Walk backwards for 100 steps.	<sup>18</sup> Have each family member pick an animal to move like.	<sup>19</sup> Pick 5 different stretches do 3 times each.	<sup>20</sup> Say 3 nice things to each family member.
<sup>21</sup> Say 3 nice things to each family member. <small>Father's Day</small>	<sup>22</sup> Do as many jumping jacks as you can.	<sup>23</sup> Count to 100 as you step up and down on a step.	<sup>24</sup> Crab walk around your yard.	<sup>25</sup> Balance contest. Which family member can balance on each foot the longest!	<sup>26</sup> Pick 5 different stretches do 3 times each.	<sup>27</sup> Enjoy family time outside and march around your yard!
<sup>28</sup> Enjoy family time outside and march around your yard!	<sup>29</sup> Do as many sit-ups and push-ups as you can.	<sup>30</sup> Count to 100 as you squat up and down.	Enjoy each and every day of summer and I can not wait to see you in the fall!			