

Name _____

Grade: _____

Directions: Check off the activities that you have completed each day by putting the date that you completed the exercise.

Goal: Perform a minimum of 10 for the week for a total of 30. Exercises can be completed more than once.

___ Go jogging 20 minutes	___ Do 20 burpees	___ Do 20 sit ups
___ Eat 2 veggies in 1 day	___ Dance 20 minutes	___ Do 20 reach jumps x 2
___ Walk with a pet/parent/sibling for a 20 minute walk	___ Watch TV for only one hour per day and do a wall sit during every commercial.	___ Add your own exercise
___ Ride your bike, for 20 minutes	___ Do 60 second wall sit x 2	___ Jog high knees in place 20 second 3 times
___ Play with a hula hoop 20 minutes	___ Play a tag game for 20 minutes	___ Do 20 jumping jacks x2
___ Walk for 20 minutes or run for 10 minutes	___ Plank for 25 seconds x2	___ jump as high as you can 20 times
___ Dribble a ball 10 minutes, practice with different hands	___ Shoot a ball 20 minutes	___ go for a walk with a family member for 53 minutes
___ Jump rope 20 minutes	___ Do Arm Circles for 20x each direction	___ Leg raises x20 each leg
___ Build a snowman for 20 minutes	___ Play catch with a friend or parent	___ Do 20 Burpees
___ V-ups for two(2) minutes	___ shovel snow for 20 minutes	___ Climb up and down the stairs 20 times
___ Hop on each foot 15 times	___ eat a piece of fruit everyday for a week	___ Do 20 push ups
___ Dribble a soccer ball 10 minutes (outside)	___ Do butt kickers in place for 20 seconds x 3	___ 20 Frog jump as far as you can 2 times
___ Write a poem about hand washing	___ run around the block with a parent once	___ Do 20 mountain climbers
___ Hike a hill 5 times	___ Walk like a seal across the room 2 times	___ Sit/reach your toes for 20 seconds 3 times
___ Play kickball with friends	___ Play baseball/softball with a friend.	___ Sit and reach your toes 20 seconds 3 times
___ List 5 ways to stop the spread of infectious diseases	___ Do 20 standing squats 2 times	___ Eat 2 different vegetables in the same day
___ Do 15 wall push ups	___ Read a story before bed	___ Walk with a pet/parent/sibling for 30 minutes

Name: _____

____ Play a game from PE class	____ Play in the yard 30 minutes	____ Get 8 hours of sleep 2 nights in a row
____ Do 20 sit ups	____ Hop on one foot then the other 20 times	____ Balance on each foot for 20 seconds 3 times
____ Do book curls 30 times each arm	____ Eat breakfast each day for a week	____ 20 skips 5 times
____ Go to a park and play	____ Do 2 sets of 20 step ups	____ Perform 30 mountain climbers
____ Walk like a crab 20 feet 2 times	____ Play catch with a friend	____
____ Watch TV for only one hour in a day	____ Play a board game with your family	____ Do something nice for a familiar member of your community
____ Plank 30 seconds 2 times	____ Help cook a family meal	____ Spend 10 minutes stretching