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| August |  |
|  | 2024 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  |  |  |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  |  |  |  |  |  |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | Go for a family walk and discuss your favorite part of your first day of school | Jumping Jack Challenge: Who can complete the most jumping jacks in two minutes? | Play your favorite music and have a dance party while making dinner. | Family yoga before bedtime. | Watch a TV show together as a family, while completing squats during every commercial. | Go for a family bike ride |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Focus on Fruits – Try to eat at least three servings of fruits today! | Crunches Challenge: Who can complete the most crunches in two minutes? | Walk like a crab for one minute | Skip around your house five times. Make it a competition. Who can do it the fastest? | Grab some chalk and get some sunshine. What kinds of AMAZING art can you create? | Yoga before bed! Choose five of your favorite poses to practice. | Saturday morning park adventure! |