| October |  |
| --- | --- |
|  | 2022 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | Stretch Day – Each family member choose a stretch. Complete all stretches for 20 seconds. |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Choose foods rich in CALCIUM. Try to drink two glasses of milk today! | Safely walk up and down your stairs ten times. No stairs – March in place for three minutes | Find an online exercise video to complete as a family. | Play frisbee as a family. No frisbee, use a paper plate. | Locate your pelvis and practice your hula-hooping skills. | Complete 20 donkey kicks on each leg. | Go mini golfing or create your own mini golf course at your home. |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Family Clean your House Day. Complete 10 push-ups prior to cleaning each room. | Safely walk backwards around your house two times. | Go LEAN with PROTEIN – Choose lean protein for dinner (chicken, turkey, seafood, nuts, seeds) | Lay on the ground with your legs STRAIGHT in the air. Touch your toes 25 times. | Complete 30 forward leg kicks. | Count how many letters are in your ENTIRE name. Complete that many crunches. | Find a hill at your home or at a park and run up and down the hill three times as fast as you can. |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Go bowling or create a bowling lane at your home using soda bottles or cups and have fun. | Hold a high plank position while saying the months of the year three times. | Do the butterfly stretch while saying ten words that begin with the letter B. | Locate your phalanges. Complete an exercise or activity for both sets of phalanges. | BIG Jump Challenge: Who can complete the most BIG jumps in one minute? | Complete 50 standing side bends. | Hold a downward dog pose for two minutes. |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Focus on getting a good night’s sleep for this week. Try to get to bed early so you can focus! | Create your own family fitness challenge. | Quick Feet – Run as fast as you can in place for three minutes. | Read for 30 minutes and complete 30 lunges once you complete your reading. | Practice your spelling words, completing squats as you say each letter. | Blow up a balloon and hit the balloon back and forth with your family. | Practice math facts for 30 minutes. Do jumping jacks for every answer. Ex: 6+2=8 (do 8 jacks) |
| 30 | 31 |  |  |  |  |  |
| Complete 30 side-to-side jumps. | Count all of your Halloween candy and complete that number of jumping jacks. |  |  |  |  |  |