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| September |  |
|  | 2024 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Complete high knees for two minutes. | Hold a superman pose for one minute. | Jog in place for three minutes. | Pick up a ball from the floor without using your hands. Then, play catch as a family. | Lunges Challenge: Who can complete the most forward lunges in two minutes? | Plank Challenge: Hold a STRAIGHT-BACKED plank for one minute. Try this a total of five times today. | Create an obstacle course outside with your family. Time each person completing the challenge. |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Create a soccer goal with cones, shoes, or toys and try to kick and score ten goals. | Leap frog for one minute. | Balancing Challenge: Who can balance on their right foot the longest? On their left? | All family members choose their favorite stretch. Complete all stretches for 20 seconds. | Go outside with your family and do something active for 30 minutes. | Wall Sit Challenge: Who can hold the longest 90-degree wall sit? | Complete 20 heel raises before every meal. |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Vary your Vegetables – Try to eat at least five servings of vegetables today! | Run around the outside of your house five times. | Complete 20 burpees. | Play a family game of tag. | Bear walks around your house. | Add the ages of everyone in your family. Complete that many arm circles. | Family Park Day – Head to the park and enjoy some fresh air and activity time. |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Create a chalk hopscotch path outside at your house and have fun with your family. | Push-Up Challenge: Who can complete the most push-ups in two minutes? | Grab two canned goods and complete 20 bicep curls. | Locate your femur and complete an exercise that uses your femur (ex: squats, lunges, jumps). | Skip around the outside of your house five times. | Family Race – Set a designated distance and run, run, run! | Make HALF of your grains WHOLE – Try to eat at least TWO whole grains today! |
| 29 | 30 |  |  |  |  |  |
| Take a family nature walk. | Jump Rope Challenge: Who can jump the most in two minutes? No jump rope, just jump regularly. |  |  |  |  |  |
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