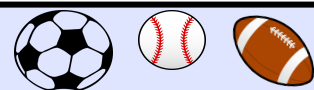





# January 2021 At-Home Fitness Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
26:	27:	28:	29:	30:	<b>1: Happy New Year:</b> <b>Set a goal:</b> How many days can you be active in January? Write it in this square.	<b>2: Bowling!</b> Set up some empty bottles/cans and try to knock them down.
<b>3: Movie &amp; Jog</b> Watch a movie with the family! Jog in place during the commercials.	<b>4: Crazy 8's</b> 8 jumping jacks 8 lunges - 8 squats Tree Pose (hold for 8 seconds) Repeat...	<b>5: Cardio &amp; Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat.....	<b>6: Commercial Break</b> Can you hold a plank for an entire TV commercial break?	<b>7: Line Jumps</b> Find a line on the ground and jump from side to side 10 times. Rest; Repeat.....	<b>8: Flip a Coin Friday</b> Flip a coin - <b>Heads:</b> Perform 5 squats <b>Tails:</b> Perform a 20 second plank. Repeat....	<b>9: Recharge</b> Avoid using technology two hours before bed. Did you sleep better?
<b>10: 10 Minute Tidy</b> Set a timer or put on a song and see how quickly you can clean up a room in the house. If you have a sibling, then each pick a room and race each other!	<b>11: Balancing Books</b> Can you walk while you balance a book on your head? What about 2 books?	<b>12: Wild Arms</b> Quickly complete: -10 Arm Circles front/back -10 Forward punches -10 Raise the Roofs	<b>13: Boogie Brush</b> While brushing your teeth move your hips in the same motion as your toothbrush.	<b>14: Soccer Fun</b> Kick a soccer ball or kickball back and forth with a partner. Use both feet.	<b>15: Flip a Coin Friday</b> Flip a coin - <b>Heads:</b> Perform 5 squats <b>Tails:</b> Perform a 20 second plank. Repeat....	<b>16: Dribble Challenge</b> Dribble a ball 100 times with each hand.
<b>17: Create a Game</b> Use your imagination and make up a game using a ball, sock, and a jump rope.	<b>18: Underhand Toss</b> Using an empty laundry basket/bucket, practice tossing an object inside. Each time you make it, take a step back.	<b>19: Chair Pose</b> Hold for 30 seconds, relax then repeat. 	<b>20: Stay Hydrated</b> Take extra time to drink eight 8 oz. glasses of water today. At the end of the day, how do you feel?	<b>21: Cardio &amp; Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat.....	<b>22: Flip a Coin Friday</b> Flip a coin - <b>Heads:</b> Perform 5 squats <b>Tails:</b> Perform a 20 second plank. Repeat....	<b>23: Just Dance</b> Put your favorite song on and make up a dance to it! <b>Or</b> Do the Cha-Cha Slide Dance <div style="border: 1px solid black; padding: 2px; display: inline-block; color: red; font-weight: bold;">CHA CHA SLIDE</div>
<b>24: Go For a Walk</b>	<b>25: Wild Arms</b> -10 Arm Circles front/back -10 Forward punches -10 Raise the Roofs	<b>26: Commercial Break</b> Can you hold a plank for an entire TV commercial break?	<b>27: Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	<b>28: Balancing Books</b> Can you walk while you balance a book on your head? What about 2 books?	<b>29: Flip a Coin Friday</b> Flip a coin - <b>Heads:</b> Perform 5 squats <b>Tails:</b> Perform a 20 second plank. Repeat....	<b>30: No Screen Saturday</b> Go the whole day without using a phone, tablet, or computer.
<b>31:</b> <b>Jump Rope to Music</b> Can you jump to an entire song without stopping?						