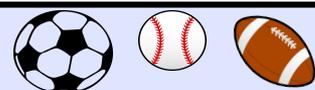




January 2021 At-Home Fitness Calendar



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