

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Do arm circles for 20 seconds forward and then 20 seconds backward, rest 30 seconds, and repeat 4 more times.	2 Go for a family walk around your neighborhood (If you are lucky, maybe you can catch a snowflake on your tongue!).	3 30 Jumping jacks, rest 1 minute, and repeat 2 more times.
4 High knees for 1 minute, rest 30 seconds, and repeat 2 more times.	5 30 Under the knee claps, rest 30 seconds, and repeat 3 more times.	6 Do as many crab kicks as you can for 30 seconds. Rest 1 minute and repeat 4 more times	7 Do 10 good squats, rest for 30 seconds and repeat 2 more times.	8 Do 20 high kicks with each leg (hold your hand up and try to kick it). Rest and do 2 more times.	9 10 Lunges on each leg, rest 1 minute, and repeat 2 more times.	10 Do 10 sets of walking hands. Rest 1 minute and repeat 2 more times.
11 Wall sit for 20 seconds (place your back against a wall and lower yourself until it looks like you are sitting in a chair). Rest 1 minute and repeat 2 more times.	12 Bear Walk (with your bottom in the air, step forward with your right hand & step forward with your left foot, step forward with the left hand then the right foot) for 30 seconds. Rest 1 minute and repeat 2 more times.	13 Do 10 "shuffle squats". Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat (that counts as one). Rest 1 minute and repeat two more times.	14 20 Cross Jacks, rest 30 seconds, and repeat 2 more times.	15 10 "up and backs", rest 1 minute and repeat 2 more times (place two objects 10 giant steps apart. From first object, run and touch the 1st object, backpedal back to the starting object. Repeat.)	16 Do Bicycles for 30 seconds (lie on your back and move your legs like you're riding a bicycle). Rest 30 seconds and repeat	17 Find a step and step up and down on it for 3 minutes without stopping.
18 10 Squat Kicks: complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg. Rest 1 minute and repeat.	19 30 Punches out, 30 punches up, 30 punches down, rest 30 seconds, and repeat 4 more times.	20 10 inch worms (Stand up, put your hands on the ground, walk them away from you to push up position, walk your legs to your hands, stand up). Rest 1 minute and repeat 2 more times.	21 Alphabet shoulder slaps. For every shoulder slap say a letter of the alphabet, starting with A and go all the way to Z. Rest 1 minute and repeat 3 more times.	22 10 plank jacks, rest 1 minute and repeat 2 more times.	23 10 Reach through sit ups. Do 2 times.	24 March in place to one of your favorite songs, rest 1 minute, pick 2 more songs, and repeat.
25 Play outside for at least 15 minutes.	26 Jump rope: see how many jumps you can do in 5 minutes.	27 5 Burpees, rest 1 minute, and repeat 2 more times.	28 Pick your favorite activity of the month and repeat.			

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