

February Fitness Calendar!

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Student Name: _____ Parent signature: _____

Total active days: _____ Teacher: _____

February Fitness Challenge

Stay active and fit throughout the month. Each day, choose one of the activities below or create your own fitness fun. Participate in the activity for at least 20 minutes. Each day, write down your chosen activity on your calendar! You may use each activity more than once and involve your family and friends!!

1. Go for a family walk

BRAIN & BODY BOOST!

- Make it a nature walk, collect items you find and create a unique piece of art.
- Carry two small bags and pick up trash – use the second bag as a glove to pick up the trash.
- Remember to recycle.

2. Create an obstacle course in your backyard

BRAIN & BODY BOOST!

- Time yourself, beat your personal best.
- Challenge a friend or family member to beat your time.

3. Go to a playground and PLAY

BRAIN & BODY BOOST!

- Make up your own game without using any equipment.

4. Practice jumping rope

BRAIN & BODY BOOST!

- Count to 100 by 1's, 2's, and 5's while you jump.

5. Go for a bike ride

BRAIN & BODY BOOST!

- Focus on the sounds you hear and write them down when you return.
- Always wear a helmet.

6. Swim at a pool

BRAIN & BODY BOOST!

- Stretch before and after your swim to keep your mind and body limber.

7. Practice Yoga

BRAIN & BODY BOOST!

- Do any yoga poses you know and make up your own names for each pose.
- Hold each pose while you count to 30.

8. Perform any challenge from a previous month.

9. Rake your leaves.

BRAIN & BODY BOOST!

- Play in the pile and build a fort
- Be sure to bag them when finished!

10. Walk your dog for 20 minutes

BRAIN & BODY BOOST!

- Let your dog sniff things on the walk.
- Fun Fact! Smelling things is our dog's primary way to learn information.

11. Practice a sport

BRAIN & BODY BOOST!

- If the sport involves a ball, use your non-dominant hand or foot.

12. Take advantage of our parks and mountains and go for a hike

BRAIN & BODY BOOST!

- Learn three new things about the person with whom you're walking.

13. Participate in a Fun Run or 5K

BRAIN & BODY BOOST!

- While you run, think about the people benefitting (MUST Ministries, Arthritis Foundation, etc.).

14. Set up a scavenger hunt for your family and friends

BRAIN & BODY BOOST!

- Draw a map of your neighborhood, make copies and have the players mark where they found the items.

15. Read for 20 minutes, and then run (or play outside) for 20 minutes

BRAIN & BODY BOOST!

- Read aloud to someone in your family.

16. Dance Party (Zumba, hip hop, freestyle, etc.) for 20 minutes

BRAIN & BODY BOOST!

- Have a dance contest.
- Create a dance for the whole family!

17. 10,000 steps per day challenge

BRAIN & BODY BOOST!

- Track how long it takes you to get to 5,000 steps then try and reach the last 5,000 even faster!

18. Go ice skating

BRAIN & BODY BOOST!

- Learn how ice skating rinks are maintained and explain it to a friend.

