# 2020 April

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| **DIRECTIONS** **Complete at least 4 to 5 days each week** | **Don't Forget!** **Circle the number of each day that you do the activities!** | **I hope you have a great time doing this exercise calendar.** | **1** Do 10 Pushups. | **2** Jog in place while you name as many fruits and vegetables. | **3** Stretch and reach as high as possible ten times. | **4** Do 10 Pushups. |
| **5** Go play outside with your family or friends then come back in and read a book. | **6** Go crab walk around a room during a commercial of your favorite television show! | **7** Do a push-up for each letter in the words MILK and CALCIUM | **8** Go walk with an adult for 30 minutes15 | **9** Throw and catch a ball with a friend or an adult. | **10** Go play outside with your family or friends then come back in and read a book. | **11** Go crab walk around a room during a commercial of your favorite television show! |
| **12** Do a push-up for each letter in the words MILK and CALCIUM. | **13** Create a karate air-kicking and air-punching demonstration to music. | **14** Balance on one foot while reading a page from a book. Read page 2 on the other foot. | **15** Walk from room to room while balancing a book on your head! | **16** Jog in place for one minute. Rest. Jog for 30 seconds more. | **17** Go for a bike ride for at less 30 minutes. | **18** Ask a parent to go for a bike ride or take a walk. The longer the better!! |
| **19** Challenge a parent to a sprinting race. | **20** Go play a game of basketball. | **21** Who in your family can do the most sit ups? | **22** Get help totaling the calories in a snack you ate. Do that many jumping jacks. | **23** What is your 60 second sit-up record? *Try #1 _____* *Try #2 _____* | **24** Do 5 push-ups next to a partner. | **25** Throw and catch a ball with an adult. |
| **26** Do 10 Push ups. | **27** Jog in place while you name as many fruits and vegetables. | **28** Stretch and reach as high as possible ten times. | **29** How fast can you hop from room to room with a penny on one foot? | **30** Using a racket what is your record for most times bouncing a ball in the air? ___ | | |