

# 2020 March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b><u>DIRECTIONS</u></b> Complete at least 4 to 5 days each week	<b><u>Don't Forget!</u></b> Circle the number of each day that you do the activities!	I hope you have a great time doing this exercise calendar	4	5	6	7
8	9	10	11	12	13	14 Jog in place for an entire song that is on the radio. Easy? Do jumping jacks for song 2.
<b>15</b> Go crab walk around a room during a commercial of your favorite television show!	<b>16</b> Create a karate air-kicking and air-punching demonstration to music.	<b>17</b> Balance on one foot while reading a page from a book. Read page 2 on the other foot.	<b>18</b> Walk from room to room while balancing a book on your head!	<b>19</b> Jog in place for one minute. Rest. Jog for 30 seconds more.	<b>20</b> Do a push-up for each letter in the words <u>MILK</u> and <u>CALCIUM</u> .	<b>21</b> Ask a parent to go for a bike ride or take a walk. The longer the better!!
<b>22</b> Challenge a parent to a sprinting race.	<b>23</b> Go play a game of basketball.	<b>24</b> Who in your family can do the most sit ups?	<b>25</b> Get help totaling the calories in a snack you ate. Do that many jumping jacks.	<b>26</b> What is your 60 second sit-up record? Try #1 _____ Try #2 _____	<b>27</b> Do 5 push-ups next to a partner.	<b>28</b> Throw and catch a ball with an adult.
<b>29</b> Do 10 Pushups.	<b>30</b> Jog in place while you name as many fruits and vegetables.	<b>31</b> Stretch and reach as high as possible ten times.				