

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 Create an indoor or outdoor scavenger hunt. Look for items such as a healthy food item, handicap-accessible ramp, someone being active, etc.</p>	<p>2 Black History Month March to Montgomery</p>	<p>3 Do something kind for a family member.</p>	<p>4 Flip a Coin Friday Stretch your quadriceps, hamstrings, gluteals, and lower back before every class today. Tails- Stretch your pectorals, biceps, triceps, and latissimus dorsi before every class.</p>	<p>5 Do an "I go, you go" workout with a friend. Perform 1 set of 10 reps of an exercise, then they takes their turn. Next, your partner chooses an exercise. Try to perform 6 sets of different exercises in total!</p>
<p>6 Make a list of things that you are grateful for in 10 minutes. Reflect on your list.</p>	<p>7 Complete the health.moves.minds Mindfulness Pledge HMM Pledge</p>	<p>8 Celebrate Black History Month Black History Month Athlete Fitness Challenge</p>	<p>9 Create an indoor circuit with five stations, one for each component of health-related fitness. See how many circuits you can complete in 15 minutes.</p>	<p>10 Ask an adult to share a positive story about their PE class.</p>	<p>11 National Make a Friend Day Invite someone you don't normally talk with to play your favorite sport or to participate in their favorite physical activity.</p>	<p>12 Share your favorite physical activity with a family member.</p>
<p>13 Super Bowl Sunday- Perform 1 push-up for every point scored after every touchdown. 7 points= 7 push-ups. Perform 1 squat for every point scored after every field goal. 3 points= 3 squats.</p>	<p>14 Valentine's Day/Kindness Monday: How to Take and Lead a Kindful Minute Random Acts of Kindness Week begins</p>	<p>15 Share a laugh Tell a joke, watch a funny movie or draw a silly picture with someone.</p>	<p>16 Using household items that won't leak or break, perform one exercise for each movement pattern: hinge, push, lunge, pull, squat, brace, carry, rotate.</p>	<p>17 National Random Act of Kindness Day- Without the person asking, complete one of their chores for them before they are able to do it!</p>	<p>18 Flip a Coin Friday Heads- Create a unique handshake with a friend. Make it have at least 4 moves Tails- Create a unique fist bump sequence with a friend. Make it have at least 4 moves.</p>	<p>19 You First Let someone go before you in a store, in a line or anywhere else you can think of!</p>
<p>20 Take a walk! If it's cool where you live, the drop in temperature mixed with your oxygenated blood will help to give you a clear mind.</p>	<p>21 Put your favorite song on and make up a dance or fitness routine!</p>	<p>22 Black History Month Research your local area. If there was a civil rights march nearby at one point, complete the same march. If not, research a historical march and walk an equal distance.</p>	<p>23 Teach a friend or family member your favorite workout and have them perform it with you.</p>	<p>24 Conserve a water Take a short shower, turn off the water while brushing, keep the lights off</p>	<p>25 Flip a Coin Friday Heads- Alternate 10 times between a superman and a push-up.Tails- Alternate 10 times between a squat and a donkey kick. Do these before school and after dinner.</p>	<p>26 Hit the Track Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!</p>
<p>27 Prepare for tomorrow and Just Relax Today</p>	<p>28 Reflect on what has gone well this month and adjust your goals for next month.</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> American Heart Month Black History Month Teen Dating Violence Awareness Month Random Acts of Kindness Week – 14th-20th Random Acts of Kindness Day – 17th 			<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p>	