<table>
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<th>Sunday</th>
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| National Health Observances:  
- American Diabetes Month  
- Lung Cancer Awareness Month | | 1 Shoulder Shrugs  
Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times. | 2 Jump rope as fast as you can for one minute, then rest for 1 minute.  
Repeat 6-8 times. | 3 Walking  
Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions | 4 Reverse Lunge to Front Kicks  
Do a reverse lunge and transition into a front kick with the same leg. Complete 10 then switch. | 5 Balance  
Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides. |
| 6 Stairs  
Run up stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge. | 7 Walking High Knees  
Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up. | 8 Cow Pose  
On all fours arch your back with your head looking up while your tummy is pushed toward the ground. | 9 Cardio Day!  
10 Jump rope  
10 Mountain climbers  
10 Boxing punches  
(use both arms)  
10 Step-ups | 10 Hold for 10 seconds  
Right Side Plank  
Left side plank  
Superman  
Rest  
Repeat 10 times | 11 Leg Day!  
20 squats  
20 walking lunges  
20 high knees | 12 Cat Pose  
On all fours round your back pulling you spine towards the ceiling while looking at the ground. |
| 13 Shuffle Squat  
Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. | 14 10 frog jumps  
10 sit-ups  
10 push-ups  
10 second superman hold | 15 Hallway Sprint  
Sprint down a hallway  
10 tuck jumps  
Sprint back down  
10 jumping jacks  
Stretch  
Got more energy? Do it again! | 16 10 front kicks  
10 switch lunges  
10 squats, on the 10th squat hold and complete 10 boxing punches. | 17 10 Butt Kicks  
10 high knees  
Stretch  
Repeat | 18 Jumping Jacks  
Try and complete 10 sets of 10 jacks today. | 19 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day. |
| 20 10 tricep dips  
15 second seated straddle stretch  
20 crunches  
25 jump rope reps | 21 Cow-Cat Pose  
Try your cow and cat yoga poses together. | 22 Core Challenge  
Plank 10 seconds  
10 crunches  
10 sit ups  
Repeat 5 times with no rest! | 23 10 Switch Lunges  
Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg. | 24 Jump rope as fast as you can for one minute, then rest for 1 minute.  
Repeat 6-8 times. | 25 High Knees & Stretch  
High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time. | 26 10 front kicks  
10 switch lunges  
10 squats, on the 10th squat hold and complete 10 boxing punches. |
| 27 Leg Day!  
20 squats  
20 walking lunges  
20 high knees | 28 Shuttle Run  
Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time. | 29 10 Butt Kicks  
10 high knees  
Stretch  
Repeat | 30 Jump!  
10 vertical jumps  
10 broad jumps  
10 side-to-side jumps | | | |

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!

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