

## Daily Physical Activity Checklist

**Purpose and Directions:** This calendar encourages daily physical activity. Each day, students are asked to complete a different activity with a family member (or with adult supervision). After completing an activity (in any order preferred) put a check mark. Try to complete one per day. Feel free to do as a family or challenge a friend.

✓ Done	Day	Activities
	1	Perform Tabata warm up (jacks, mountain climbers, inline skaters, alt. lunges, jog in place, burpees, squats, alt. leg kicks – 20 seconds of each exercise followed by 10 sec rest – 4 mins)
	2	Jog in place for 30 seconds, then perform 5 dynamic or static stretches for arms, shoulders, back, chest, core, upper legs and lower legs
	3	Do as many curl-ups as you can, record it here _____
	4	March Madness FITNESS FUN: Take 64 imaginary jump shots
	5	Say your math facts while doing reverse lunges
	6	Take a walk and think positive and relaxing thoughts
	7	Create your own Tabata warm up – See day 1 for explanation
	8	Perform 5 strengthening poses like plank, chair pose, boat pose, squat, etc. hold for 30 sec-1 minute. Challenge yourself – challenge a friend
	9	Create a game at home with some common materials. Make sure you share the rules/scoring, give it a fun name (Ex. take a piece of mail to recycle, crumple it, throw or kick between the legs of a chair, make 10 goals or play with family teams
	10	Do as many trunk lifts (supermans) and core tightening(bananas) as you can
	11	Pick a sport and practice with out equipment the movement skills needed for that sport 20 each skill (Example: Tennis, 20 forehand swings, 20 back hand swings, 20 serves, etc.)
	12	Do push-up shoulder taps while reciting multiplication table or vocabulary words
	13	Take a walk, think about preparing a well-balanced meal and what you would need in the recipe to cover all food groups
	14	Run in place while naming all the reasons why you will never use tobacco products
	15	Perform 20 alternating zombie lunges
	16	Take a bike ride or stroll with family for 20 minutes
	17	Do as many chair tap squats as you can. Record here _____
	18	Make an agility ladder out of common household materials like shoe lace, string, tape, etc. Perform 5 minutes of agility exercises (Ex. On foot in and out alternating, 2 feet jumping in and out, in in, out out, etc.)
	19	Perform squat-jumps while naming the continents, repeat 7x
	20	Do as many squat-thrusts as you can.
	21	How many food groups are there? Do 5 plank-jacks.
	22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. List the benefits
	23	Play a recreational game outside
	24	Do as many push-ups as you can using correct form, within 5 minutes/resting as needed. Record here _____
	25	Take 2 laps around your house/yard. Pretend it is a victory lap, recite all the things you are thankful and grateful for
	26	Read an article/chapter while holding a wall sit position
	27	Do step ups on a step/stairs for 5 minutes, check your heart rate before during and at completion Record here: Before _____ Half way in _____ At Completion _____
	28	About how many glasses of water should you drink each day? Do 8 sets of 6 burpees over the course of the day, drink a little glass of water after each set to help remind you of hydration
	29	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	30	Swim(If available and supervised) or pretend swim all the swim strokes, butterfly, freestyle, backstroke, breast stroke, doggie paddle perform 30 strokes for each type.