

# PHYSICAL ACTIVITY AND WELLNESS CALENDAR

Student Name: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

**Directions:**

- Draw, print or use an existing calendar like the organization station calendar provided by the district to track your physical activity choice from below
- You will need to start calendar dates when you are beginning and ending if using the sample
- You may also create your own daily activity or modify ones to fit their personal abilities or disabilities, you may choose more than one, trying to add at least 30 minutes 5 days a week

Practice deep breathing; take 8 – 8 second deep breaths (eyes closed relaxed for about 5 mins)

Participate in a choice activity for 30 minutes

Do a 10-minute cardio-respiratory activity

Perform outside activities for 20 minutes

Challenge a friend to a physical activity for 20 minutes

Take a stretch break for 10 minutes with 10 different stretches

Exercise in a pool for 20 minutes if accessible. If not available, Research Water Safety Practices

Perform a 4 minute Tabata (4 minute warm up with 8 exercises at high intensity for 20 sec with 10 second rest)

Take a nature walk/ride for 20 minutes

Dance for 20 minutes or for 5 of your favorite songs

Replace 1hr of screen time with 30 minutes of physical activity

Walk/Run 1 mile and record your time

Do a new physical activity challenge, such as HIIT (high intensity interval) training

Perform Plank Challenge (30 second 1 minute 1.5 minute 2 minute with 5 minute rest in between)

Practice 10 Yoga poses, holding each for at least 30 seconds repeat 2x

Help with Yardwork or other physical chores for 20 minutes.

Mindful Relaxation for 10 minutes  
Thinking positive self-care thoughts

Pick a different exercise to perform during each commercial of a 1 hr show

Turn off the computer and TV and replace with something active for 30 minutes

Walk a pet in the neighborhood for 20 minutes, no pet no worries

Wall Squat Challenge (30 second 1 minute 1.5 minute 2 minute with 5 minute rest in between)

Create Your Own...

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