

January 2012

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Jan	2		3		4		5		6		7	
Pretend to skate on paper plates. Add some style and some tricks!		Let's warm up with crab walks! During each commercial, crab walk from room to room.		Check to see what the temp is today. Do that many jumping jacks. How many did you do? _____		Storybook Charades! With your family, think up different storybook characters and act them out.		Do 10 jumping jacks, 10 ski jumps, 10 elbow to knee. How many exercises did you do altogether? _____		During the commercials on TV, roll up a sock and throw it up and down. How many catches did you make? _____		Try a new family activity! Go geocaching. Find out more at geocaching.com .	
8		9		10		11		12		13		14	
Bundle up and take a family walk around your neighborhood.		Pretend to float all through your home like a snowflake falling from the sky. Float high, float low, float fast, float slow!		30 minutes of cleaning can burn about 100 calories. Clean your room and help keep your body healthy!		See how long you can balance on your right and then left foot. Which one could you do longer? _____		Choose an animal walk-crab, penguin, frog, lobster, and travel from room to room.		For good luck today, do 13 reps of your favorite exercise.		Something healthy I ate today was _____ and my favorite healthy food is _____	
15		16		17		18		19		20		21	
Put some catchy music on and dance for the entire line. Which song did you choose? _____		Pick your favorite tag game and play it with your friends. Which one did you choose? _____		Play balloon volleyball with a friend for at least 17 minutes. Could you keep the balloon up in the air? _____		Time for a winter rock party! Turn on your favorite music and dance until you feel your heart beating really fast! _____		Add your age _____ to one of your parents age = _____. Do this many situps! _____		Challenge an adult! Lie on your back and hold your feet 6 inches off the ground. See who can hold it the longest. Who won? _____		Go to your local park and play on the playground equipment.	
22		23		24		25		26		27		28	
Do 22 elbow-to-knees.		Add up the numbers in '2012'. Do this many jumping jacks, this many crunches, and this many windmills.		Find a stuffed animal. See if you can pass it around your waist 24 times!		Find out who wears number 25 on the Patriots. Do that many mountain climbers. Who is it? _____		What is $26 + 13 + 8$? Jog in place for that many seconds. What is the total? _____		While watching one tv show, during commercials do your favorite exercise.		Ask a parent or other grown-up to teach you a dance from the past. Which one was it _____ and who taught you? _____	
29		30		31		1	Feb	2		3		4	
Can you balance on one foot while reading a page from a book? _____		Who wears number 30 on the Boston Celtics? Do 30 ski jumps.		Start with 100. Subtract your age and your grade level. = _____. Do this many wall pushups. How many did you do? _____									

Our growing softness and our increasing lack of physical fitness, is a menace to our security. --John F. Kennedy