












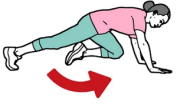














# April 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
			<b>1</b>  Stand on your toes and reach as high as you can. Do this 5 times.	<b>2</b>  Dance the Macarena	<b>3</b>  Do 5 inchworms while listening to some music	<b>4</b>  <b>FAMILY FUN DAY</b> TAKE A WALK FOR 30 MINUTES
<b>5</b> <b>REST DAY</b>	<b>6</b>  Do the butterfly stretch while saying 10 words that begin with the letter "B"	<b>7</b>  Balance on one foot while you sing the ABC's 2 times	<b>8</b>  Dance to one of your favorite songs	<b>9</b> <b>Do Arm Circles</b>  Do 20 seconds of arm circles	<b>10</b>  Do jumping jacks during commercials while watching your favorite show	<b>11</b>  <b>FAMILY FUN DAY</b> GO FOR A BIKE RIDE
<b>12</b> <b>REST DAY</b>	<b>13</b>  Jog in place while you count to 20	<b>14</b>  Do 10 starbursts and say "I'm a STAR!" each time you jump	<b>15</b>  Crab Walk 10 times safely around your living room	<b>16</b>  Challenge a family member to a "Mountain Climber Race" to 50	<b>17</b>  Grab one foot and stretch your thigh for 30 seconds. Do the other thigh.	<b>18</b>  <b>FAMILY FUN DAY</b> TAKE A WALK FOR 30 MINUTES
<b>19</b> <b>REST DAY</b>	<b>20</b>  Dance the Chicken Dance in 3 different rooms	<b>21</b>  Hold a plank while you say the months of the year 2 times in a row	<b>22</b>  Jump over a pillow 10 times. See how high you can safely jump!	<b>23</b>  Skip around the yard while you count by 2s to 100. Make sure you have enough room	<b>24</b>  Use water bottles and do 10 bicep curls with each arm	<b>25</b>  <b>FAMILY FUN DAY</b> HAVE A CATCH
<b>26</b> <b>REST DAY</b>	<b>27</b>  Do 10 sit-ups during a commercial of your favorite show	<b>28</b>  Reach down and touch your toes and hold it while you count by 5s to 50	<b>29</b>  Push against a wall for 15 seconds. Try to do this 5 times.	<b>30</b>  Have a DANCE PARTY with your family to your favorite song		

**Directions:**

Each day try to complete the activity listed. For a greater challenge you can do the activity more than once a day.