

July

2019

Summer Wellness Challenge

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|---|--|
| Hey Parents! Initial on the blue line each time your child completes a day's activity! | _____ 1 Learn a new dance move and teach it to your parents | _____ 2 Eat all your meals at the table today! No TV, phone, or car eating | _____ 3 Go for an interval jog; 1 minute jog, 2 minute walk for 45 minutes | _____ 4 Power up your day with 15 burpees | _____ 5 Have a bed time? Try to go to bed at the same time each night, weekdays & weekends | _____ 6 Family fitness! Take your family to the park to throw a ball or Frisbee |
| _____ 7 Sunday Funday! Go play outside doing something you love | _____ 8 Do 3 1-minute wall sits throughout the day | _____ 9 Go old school; play hopscotch, hula hoop, jump rope, or another game | _____ 10 Eat the rainbow! Try to choose fruits and veggies of a variety of colors today! | _____ 11 Take a walk first thing in the morning to get your day started on the right foot | _____ 12 Squats all day! Do 10 squats on the hour, every hour today | _____ 13 Do 1 jump squat for every minute you spend on your phone |
| _____ 14 Do some yard work or chores around the house. Feel free to turn it into a dance party! | _____ 15 Build the bum! Do 50 each of lunges, hip bridges, and squats today | _____ 16 Find a YouTube yoga video to follow, or make up your own flow | _____ 17 Bodyweight Workout! 3 sets of 15 push-ups, 20 lateral lunges, 25 flutterkicks, 30 squats | _____ 18 Thirsty? Replace all your beverages today with water to stay hydrated | _____ 19 Family Fitness Friday-go with your family to a local park to play | _____ 20 Take it outside! Go for a walk, run, or bike ride in the sunshine |
| _____ 21 Sunday stretch! Do some yoga or just work on your flexibility today | _____ 22 Grab a jump rope and get the blood pumping for 10 minutes | _____ 23 Make up a fitness game that you can play in your living room | _____ 24 Walk it out! Take a stroll around your neighborhood with your friends or your dog | _____ 25 Get outside with some wheels! Bike, skateboard, skates, you choose! | _____ 26 Staring at your phone? Try to leave it at home while you go out for a jog | _____ 27 Take a technology break! Between Insta scrolls and Netflix binges, do 10 pushups |
| _____ 28 Grabbing a snack? Choose some veggies with hummus | _____ 29 Mobility Monday! Grab a foam roller or just stretch for 20 minutes | _____ 30 Find a hula hoop and enjoy a 20 minute hooping session | _____ 31 Push it! Do 3 sets of 15 push-ups today | Completed calendars can either be sent directly to PCS office (Pinellas County Schools c/o Ashley Grimes, 301 4th St SW, Largo, FL 33770) or given to the PE teacher by August 15th. | | |