

# June

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

Student School: \_\_\_\_\_

# 2019

## Summer Wellness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hey Parents!</b> Initial on the blue line each time your child completes a day's activity!	Students who complete at least 25 activities each month will win 2 Rays baseball tickets!					_____ 1 Stretch during the commercial break of your favorite show
_____ 2 Build lean muscle with 40 minutes of strength training	_____ 3 Take a 45 minute brisk walk outside (without your phone!)	_____ 4 Power down your electronics (phone, TV, computer) 1 hour before bed.	_____ 5 Stretch for 10-15 minutes, making sure to hit the whole body	_____ 6 Eat at least one vegetable with each meal	_____ 7 Take a 10 minute meditation break	_____ 8 HIIT it! Do 8 rounds of 20 seconds on, 10 off of jumping jacks and squats
_____ 9 Go for a bike ride	_____ 10 Family fun! Grab a family member and do 30 minutes of exercise together	_____ 11 Do something active outside!	_____ 12 Go to the park with family or friends for some fun	_____ 13 Create a sleep-friendly bedroom with no electronics	_____ 14 Drink at least half your body weight in ounces of water	_____ 15 Do some intense yard work with your family
_____ 16 Make a splash! Go to the pool or the beach and swim	_____ 17 Try a new fruit or vegetable today	_____ 18 Just PLAY for an hour! Whatever that means to you.	_____ 19 Try out a yoga video on YouTube	_____ 20 Do a 1-minute plank at least twice today	_____ 21 Make a fruit smoothie and throw in some spinach	_____ 22 Go for a nature walk! Find a park and enjoy the sights
_____ 23 Try a new activity; rock climbing, paddle boarding, skateboarding	_____ 24 Swap your processed food snack for an apple with nut butter	_____ 25 Do a fun dance workout video from YouTube	_____ 26 Check out a Fitness Zone at a neighborhood park	_____ 27 Swap out your soda for a flavored carbonated water	_____ 28 Do 20 reps each of push-ups, squats, lunges, and jumping jacks	_____ 29 Go for a 20 minute jog (or walk/jog)
_____ 30 Meal plan & prep for the week to stay accountable to good nutrition						

