

**Goal 30 Minutes Daily!**

There are a lot of ways to get 30 minutes of activity per day! Check the list of possibilities.

- Playing chase
- Freeze tag
- Playing catch
- Climbing trees
- Jumping rope
- Riding a bike
- skateboarding
- Dribbling
- Swimming
- Walking the dog
- Playing hopscotch
- Running
- skating
- Kicking a ball
- Soccer
- Flying a kite
- Doing cartwheels
- Riding your scooter
- Jumping on the trampoline
- Cleaning your room
- Hide and go Seek

You don't have to do just one activity for 30 minutes! You can do many activities for shorter periods of time and add them together. *It all adds up!* Try to get at least 30 minutes of some activity each day for good health.

**Workout your name!**

Spell out your name and complete the exercise listed for each letter.

Mon.	Tues.	Wed.	Thurs.
First name 2x	Middle name 2x	Last name 2x	Entire ABC's 1x

- |                                 |                                |                                   |
|---------------------------------|--------------------------------|-----------------------------------|
| <b>A</b> - 10 jumping jacks     | <b>J</b> - 10 second wall sit  | <b>S</b> - 10 second jog in place |
| <b>B</b> - 5 push-ups           | <b>K</b> - 5 calf raises       | <b>T</b> - 10 butt kicks          |
| <b>C</b> - 1 burpee             | <b>L</b> - 5 second plank      | <b>U</b> - 5 inchworms            |
| <b>D</b> - 20 high knees        | <b>M</b> - 3 squat jumps       | <b>V</b> - 5 tricep dips          |
| <b>E</b> - 5 crunches           | <b>N</b> - 10 second jump rope | <b>U</b> - 5 inchworms            |
| <b>F</b> - 10 mountain climbers | <b>O</b> - 10 russian twist    | <b>W</b> - 3 star jumps           |
| <b>G</b> - 5 squats             | <b>P</b> - 5 sumo squats       | <b>X</b> - 5 bird dogs            |
| <b>H</b> - 10 front lunges      | <b>Q</b> - 10 arm circles      | <b>Y</b> - 10 leg raises          |
| <b>I</b> - 10 side lunges       | <b>R</b> - 10 skaters          | <b>Z</b> - 5 squat jacks          |

Continue your daily activity logs.