



March/April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16 30 minute walk with Family Member	17 20 Jumping Jacks 18 Lunges 16 Sit Ups 14 Plank Jacks 12 Supermans 10 Push Ups (repeat 3x)	18 30 second wall sit 45 second plank 1 minute run in place 45 second plank 30 second wall sit (repeat 3x)	19 20 seconds skaters 18 seconds side planks 16 seconds bear crawl 14 seconds plank ups 12 seconds v-sit (repeat 3x)	20 10 burpees 15 bird dogs 20 plank reaches 25 mountain climbers (repeat 3x)	21 Help your family create a healthy meal!
22 Play a game or sport that works on hand-eye coordination. (throwing/catching activities)	23 30 minute walk with Family Member	24 20 Jumping Jacks 18 Lunges 16 Sit Ups 14 Plank Jacks 12 Supermans 10 Push Ups (repeat 3x)	25 30 second wall sit 45 second plank 1 minute run in place 45 second plank 30 second wall sit (repeat 3x)	26 20 seconds skaters 18 seconds side planks 16 seconds bear crawl 14 seconds plank ups 12 seconds v-sit (repeat 3x)	27 10 burpees 15 bird dogs 20 plank reaches 25 mountain climbers (repeat 3x)	28 Help your family create a healthy meal!
29 Play a game or sport that works on different ways to move. (running/walking/speeds, heights, jumping)	30 30 minute walk with Family Member	31 20 Jumping Jacks 18 Lunges 16 Sit Ups 14 Plank Jacks 12 Supermans 10 Push Ups (repeat 3x)	1 30 second wall sit 45 second plank 1 minute run in place 45 second plank 30 second wall sit (repeat 3x)	2 20 seconds skaters 18 seconds side planks 16 seconds bear crawl 14 seconds plank ups 12 seconds v-sit (repeat 3x)	3 10 burpees 15 bird dogs 20 plank reaches 25 mountain climbers (repeat 3x)	4 Help your family create a healthy meal!
5 Play a game or sport that works on aiming at a target. (bowling/bean bag toss)	6 30 minute walk with Family Member	7 20 Jumping Jacks 18 Lunges 16 Sit Ups 14 Plank Jacks 12 Supermans 10 Push Ups (repeat 3x)	8 30 second wall sit 45 second plank 1 minute run in place 45 second plank 30 second wall sit (repeat 3x)	9 20 seconds skaters 18 seconds side planks 16 seconds bear crawl 14 seconds plank ups 12 seconds v-sit (repeat 3x)	10 10 burpees 15 bird dogs 20 plank reaches 25 mountain climbers (repeat 3x)	11 Help your family create a healthy meal!

Date	Activity	Time of Activity (Duration)	Intensity (light/moderate/vigorous)	Heart Rate (bpm) During Activity	Heart Rate (bpm) After Activity
March 18					
March 19					
March 20					
March 21					
March 22					
March 23					
March 24					
March 25					
March 26					
March 27					
March 28					
March 29					
March 30					
March 31					
April 1					
April 2					
April 3					
April 4					
April 5					
April 6					
April 7					
April 8					
April 9					
April 10					