

2020 April

Sun

DIRECTIONS
Complete at least
4 to 5 days each
week

5

Go play outside
with your family
or friends then
come back in and
read a book.

12

**Do a push-up
for each letter
in the words
MILK and
CALCIUM 10**

Go dribble a ball!!

19

Challenge a parent
to a sprinting race.

26

Do 10 Push ups.

Mon

Don't Forget!
Circle the
number of each
day that you do
the activities!

6

Go crab walk
around a room
during a
commercial of
your favorite
television show!

13

Create a karate
air-kicking and
air-punching
demonstration to
music.

20

Go play a game
of basketball.

27

Jog in place
while you name
as many fruits
and vegetables.

Tue

**I hope you have a
great time doing
this exercise
calendar.**

7

Do a push-up for
each letter in the
words MILK and
CALCIUM

14

Balance on one foot
while reading a page
from a book. Read
page 2 on the other
foot.

21

Who in your family
can do the most sit
ups?

28

Stretch and reach as
high as possible ten
times.

Wed

1

Do 10 Push ups.

8

Go walk with an
adult for 30
minutes

15

Walk from room
to room while
balancing a book
on your head!

22

Get help totaling
the calories in a
snack you ate.
Do that many
jumping jacks.

29

How fast can you
hop from room to
room with a penny
on one foot?

Thu

2

Jog in place while
you name as many
fruits and
vegetables.

9

Throw and catch
a ball with a
friend or an adult.

16

Jog in place for
one minute. Rest.
Jog for 30 seconds
more.

23

What is your 60
second sit-up
record?
Try #1 _____
Try #2 _____

30

Using a racket
what is your
record for most
times bouncing a
ball in the air? ____

Fri

3

Stretch and reach
as high as possible
ten times.

10

Go play outside
with your family
or friends then
come back in and
read a book.

17

Go for a bike ride
for at less 30
minutes.

24

Do 5 push-ups
next to a partner.

Sat

4

Do 10 Push ups.

11

Go crab walk
around a room
during a
commercial of
your favorite
television show!

18

Ask a parent to go
for a bike ride or
take a walk. The
longer the better!!

25

Throw and catch a
ball with an adult.