| January |  |
| --- | --- |
|  | 2023 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| It is a NEW YEAR – 2023! Complete a 2 minute 23 second bridge. | Complete a 30-second wall sit in every room of your house. | Complete 10 arm circles (front and back), 10 forward punches, and 10 raise-the-roofs. Repeat. | Musical Frogs (Similar to Musical Chairs) – Hop around the circle and use pillows instead of chairs. | Try an activity that begins with “B” (bounce a ball, basketball, balloons, etc.). | Replace soda with milk, water, or 100% fruit juice. | Watch a movie. Choose a code word. Do 10 jumping jacks each time you hear the code word. |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Build a balanced meal (fruit, vegetable, whole grain, dairy, and protein). | Go on a family shopping spree for HEALTHY foods! Try to purchase one fruit and one veggie. | Hold a squat for one minute. Then complete 30 squat pulses. | Jump rope 100 times. No jump rope – use an imaginary one. | Take a family walk after dinner. Bundle up and enjoy the crisp, fresh air. | Family Game Night – Choose a board game. Each time you roll or spin complete five squats. | Eat a new vegetable you have not tried before. |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Create your own physical activity game using a ball and a chair. | Hold a boat pose for one minute. | Play a family game of LIMBO. You can use a broom as the stick. | Complete 25 skips, jumps, knee lifts, bottom kickers, squats, forward lunges, and crunches. | Crawl like a seal through every room of your house. | Safely play a game of flashlight tag. | Balance on your right foot and left hand for one minute. Switch and complete for one minute. |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Go walk around the mall. Can you complete five full laps around the malls inside? | Go for a walk with your family, while playing a game of I SPY. | Star Jumps – Jump up with your arms and legs spread out like a star. Do 15. Rest. Repeat. | As soon as you get out of bed, wiggle your body for 20 seconds and jump 10 times. | JUST PLAY! Hide-and-seek, tag, hopscotch, hula-hoop, jump rope, pogo stick. You choose! | Play charades as a family. | Technology free Saturday! Have some family fun without your eyes on a screen! |
| 29 | 30 | 31 |  |  |  |  |
| Take your pet for a walk. If you do not have a pet, simply go on a walk with your family. | Jump side to side over a line for one minute. Try front to back jumps over the line for one minute. | Draw long, zigzag, curvy, and straight lines on the sidewalk with chalk. Walk heel to toe. |  |  |  |  |
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