



# FITNESS CHALLENGE

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Plank (1 minute) 15 Crab Walks	31 25 Sit-ups Hip Bridges (30 seconds)					1 GO MINI GOLFING
2 Plank (20 seconds) 5 Crab Walks	3 10 Sit-ups Hip Bridges (8 seconds)	4 Plank (20 seconds) 5 Crab Walks	5 CARDIO DAY (2 MIN) SKIP, JOG IN PLACE, OR HULA HOOP	6 Plank (20 seconds) 5 Crab Walks	7 10 Sit-ups Hip Bridges (8 seconds)	8 TOSS A FRISBEE
9 Plank (30 seconds) 8 Crab Walks	10 12 Sit-ups Hip Bridges (10 seconds)	11 Plank (30 seconds) 8 Crab Walks	12 CARDIO DAY (3 MIN) SKIP, JOG IN PLACE, OR HULA HOOP	13 Plank (30 seconds) 8 Crab Walks	14 12 Sit-ups Hip Bridges (10 seconds)	15 PLAY DISC GOLF
16 Plank (40 seconds) 10 Crab Walk	17 15 Sit-ups Hip Bridges (15 seconds)	18 Plank (40 seconds) 10 Crab Walks	19 CARDIO DAY (4 MIN) SKIP, JOG IN PLACE, OR HULA HOOP	20 Plank (40 seconds) 10 Crab Walks	21 15 Sit-ups Hip Bridges (15 seconds)	22 TAKE A VIRTUAL TOUR OF A MUSEUM
23 Plank (50 seconds) 12 Crab Walks	24 20 Sit-ups Hip Bridges (20 seconds)	25 Plank (50 seconds) 12 Crab Walks	26 CARDIO DAY (5 MIN) SKIP, JOG IN PLACE, OR HULA HOOP	27 Plank (50 seconds) 12 Crab Walks	28 20 Sit-ups Hip Bridges (20 seconds)	29 PLAY CHARADES FOR FAMILY GAME NIGHT

**August Fitness Challenge Calendar** – Simple fitness exercises and outdoor activities to keep kids active during the summer! Celebrate Family Fun Month by sharing the calendar with family and spending time together on Saturdays!

- Crab Walks – count 1 each time you walk
- CARDIO DAY – choose one, a combination, or all activities listed

Special thanks to:



Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.





















































# Family Fun Month Ideas





































































\*We recommend you research some of the following activities to be sure they are safe and following social distancing guidelines

- Go mini golfing in honor of National Golf Month
- Visit the batting cages
- Play **basketball**
- Go for a walk
- Hike at a local park
- Visit a museum and track your steps with a **pedometer**
- Play **disc golf**
- Throw a **frisbee** and practice different serves
- Host a Family **Limbo Competition**
- Play a game of **Charades**
- Play a game of **Spikeball**
- Set up an **obstacle course** in the backyard
- Take turns seeing how long you can balance a **hula hoop**
- Go rock climbing
- Take a class at a local fitness center in celebration of National Wellness Month
- Use a **parachute** to play some fun games
- Go swimming in the lake or a pool
- Play **tennis** at the park
- Set up a **volleyball net** and see how long you can volley the ball back and forth
- Play **badminton**
- Set up some **lawn games** in the backyard
- Play a game of basketball
- Decorate your own **kites**, then fly them together
- Go kayaking
- Have a **boat race**
- Plan a Family **Flag Football** game
- Ride your bikes together
- Draw different hopscotch patterns with **sidewalk chalk** and challenge the whole family to try it
- Play **bocce**
- Set up a game of jumbo pool with **soccer billiard balls**
- Go cosmic bowling

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

# Fitness Challenge – Task Sheet

Day of the Month	Exercises	Completed ✓	Self-Assessment (circle one)	Notes
			Loved - Liked - Okay - More Effort	
1st			   	
2nd			   	
3rd			   	
4th			   	
5th			   	
6th			   	
7th			   	
8th			   	
9th			   	
10th			   	
11th			   	
12th			   	
13th			   	

14th			   	
15th			   	
16th			   	
17th			   	
18th			   	
19th			   	
20th			   	
21st			   	
22nd			   	
23rd			   	
24th			   	
25th			   	
26th			   	
27th			   	
28th			   	
29th			   	
30th			   	
31st			