



FITNESS CHALLENGE

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3 Basic Lunges 3 Squat Jumps	2 3 Heel Kicks 3 Jump and Twists	3 3 Basic Lunges 3 Squat Jumps	4 3 Heel Kicks 3 Jump and Twists	5 3 Basic Lunges 3 Squat Jumps	6 HOBBY DAY Choose 1 hobby
7 5 Heel Kicks 5 Jump and Twists	8 5 Basic Lunges 5 Squat Jumps	9 5 Heel Kicks 5 Jump and Twists	10 5 Basic Lunges 5 Squat Jumps	11 5 Heel Kicks 5 Jump and Twists	12 5 Basic Lunges 5 Squat Jumps	13 HOBBY DAY Choose 1 hobby
14 7 Heel Kicks 7 Jump and Twists	15 7 Basic Lunges 7 Squat Jumps	16 7 Heel Kicks 7 Jump and Twists	17 7 Basic Lunges 7 Squat Jumps	18 7 Heel Kicks 7 Jump and Twists	19 7 Basic Lunges 7 Squat Jumps	20 HOBBY DAY Choose 1 hobby
21 10 Heel Kicks 10 Jump and Twists	22 10 Basic Lunges 10 Squat Jumps	23 10 Heel Kicks 10 Jump and Twists	24 10 Basic Lunges 10 Squat Jumps	25 10 Heel Kicks 10 Jump and Twists	26 10 Basic Lunges 10 Squat Jumps	27 HOBBY DAY Choose 2 hobbies
28 12 Heel Kicks 12 Jump and Twists	29 12 Basic Lunges 12 Squat Jumps	30 12 Heel Kicks 12 Jump and Twists	31 12 Basic Lunges 12 Squat Jumps			

Get Active for the New Year!

Use this printable calendar to keep kids active during the month of January!
 It's also National Hobby Month, so you can encourage students to try a new hobby on the weekend with family members.

- For Basic Lunges, do the number listed for each side
- HOBBY DAY – choose 1-2 activities listed on Page 4 or choose your own

Find the visuals for each fitness activity below.

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

FITNESS BREAKS PRE-GAME



BASIC Lunges

Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. *Repeat by alternating lunge with opposite leg.*

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FITNESS BREAKS MVP




SQUAT Jumps

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. *Repeat.*

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FITNESS BREAKS PRE-GAME




Heel KICKS

Start with a light jog. Pull the heel of the lower leg up to and bounce off the buttock.

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FITNESS BREAKS OVERTIME



JUMP AND Twist

Jump up and rotate body. Land softly on the balls of the feet.

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January is National Hobby Month

Choose from the list of hobbies (or come up with your own) for each Saturday of the month!

Skateboarding	Disc Golf
Canoeing	Scavenger Hunt
Baseball	Volleyball
Basketball	Badminton
Soccer	Jump Roping
Bowling	Pickleball
Football	STEM Activities (ex. build a fort, create the tallest tower)
Archery	Rock Climbing
Dance	Trampoline Jumping
Ice Skating	Reading (act out the story!)
Swimming	Charades
Golfing	Board Games
Hiking	Bicycling
Horseback Riding	Running
Karate	Laser Tag
Gymnastics	Frisbee
Yoga	Speed Stacking
Table Tennis	Hockey