



Play Each Day Summer Challenge

THE CHALLENGE: Set a goal to complete at least **4 activities** each week to stay healthy all summer long!

On Social Media? Check in and show us a picture of your daily challenge!

#PlayEachDay and tag@GR_Fit4Kids!

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						13 Play outside with friends or siblings
14 5 push-ups	15 20 squats	16 NO TV Tuesday!	17 30 basketball shots (real or pretend)	18 30 jumping jacks	19 Jump rope for 2 minutes (real or pretend)	20 25 swim strokes (real or pretend)
21 Take a family walk	22 Each TV commercial break, do 5 sit-ups	23 Run outside or in place for 1 minute. Rest. Do it again!	24 10 push ups	25 Butterfly stretch - count to 100!	26 Balance on one leg. See how long you can hold it!	27 Play tag with friends or siblings
28 Ride your bicycle or pretend bicycle. Remember to wear your helmet.	29 25 cross crawls (elbow to opposite knee)	30 Dance party! Put on music for 10 minutes				

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 50 jumping jacks	2 15 star jumps	3 Skip around or in place for 2 minutes. Rest. Do it again!	4 Play outside with friends or siblings
5 15 push-ups	6 Jump rope for 3 minutes (real or pretend)	7 NO TV Tuesday!	8 50 arm circles	9 25 squats	10 Hop on each foot 20 times	11 Throw a ball 50 times (real or pretend)
12 Take a family walk	13 Each TV commercial break, do 10 sit-ups	14 Run outside or in place for 2 minutes. Rest. Do it again!	15 20 push-ups	16 Butterfly Stretch-count by 2's to 100!	17 Balance on one leg. See how long you can hold it!	18 Play tag with friends or siblings

19 Ride your bicycle or pretend bicycle. Remember to wear your helmet.	20 35 basketball shots (real or pretend)	21 Dance party! Put on music for 15 minutes	22 Do any exercise you want!	23 Crab walk around the room for 5 minutes	24 30 cross crawls (elbow to opposite knee)	25 Play outside with friends or siblings
26 Go to the playground!	27 25 toe touches	28 Balance on one leg. See how long you can hold it!	29 Take a walk with an adult	30 Each TV commercial break, do 15 sit-ups	31 Run outside or in place for 3 minutes. Rest. Do it again!	

August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 50 swim strokes (real or pretend)
2 25 push-ups	3 Jump rope (or pretend jump rope) 100 times	4 NO TV Tuesday!	5 75 arm circles	6 100 jumping jacks (feel free to do 20 at a time!)	7 Hop on each foot 30 times	8 Throw a ball 50 times (real or pretend)
9 Take a family walk	10 Each TV commercial break, do 20 sit-ups	11 Run outside or in place for 4 minutes. Rest. Do it again!	12 30 push-ups	13 Butterfly Stretch-count by 5's to 100!	14 Balance on one leg. See how long you can hold it!	15 Play tag with friends or siblings
16 Ride your bicycle or pretend bicycle. Remember to wear your helmet.	17 40 basketball shots (real or pretend)	18 Dance party! Put on music for 20 minutes	19 Do any exercise you want!	20 Crab walk around the room for 5 minutes	21 50 cross crawls (elbow to opposite knee)	22 Play outside with friends or siblings
23 Go to the playground!	24 50 toe touches	25 Balance on one leg. See how long you can hold it!	26 Take a walk with an adult	27 Each TV commercial break, do 25 sit-ups	28 Run outside or in place for 5 minutes. Rest. Do it again!	29 Take a family walk
30 30 squats	31 100 swim strokes (real or pretend)	Congratulations! You've completed the Play Each Day Summer Challenge!				