| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| --- | --- | --- | --- | --- | --- | --- |
|  | Complete as many push-ups as you can: | Read a book while you complete squats and/or a wall sit. | Move with your family for at least 10 minutes. What did you do? | Perform 20 mountain climbers.  Perform 20 crunches. | Pick 5 different muscles to stretch. Hold each stretch for 20 sec. | Play with your siblings or friends for 10 minutes. |
| Eat one healthy food item: | Complete as many sit-ups as you can: | Perform lunges while naming as many states as you can! How many did you name? | Move with your family for at least 10 minutes. What did you do? | Perform a 30 second elbow plank  Perform a 30 second push-up plank  Rest 30 seconds  Repeat 2 more times! | Pick 5 new muscles to stretch. Hold each stretch for 20 seconds. | Practice a sport or skill for at least 10 minutes. What did you practice? |
| Keep track of how many glasses of water you drink during the day! How many? | Complete as many squats as you can without stopping! | **1 letter= 1 tuck jump**  Practice your spelling words while performing a tuck jump for every letter! | Move with your family for at least 10 minutes. What did you do? | Perform 3 rounds of:  -5 plank up-downs  -10 crunches  -15 high knees | Stretch your upper body, lower body, and core!  10 minutes of stretching each part of your body! | Move for 10 minutes without taking a break. What did you do? |
| Eat two healthy foods. What were they? | For 10 minutes, perform as many rounds as you can of:  -3 push-ups  -6 squats  -9 sit-ups | Name as many healthy habits as you can while holding a side balance  How many did you name? | Move with your family for at least 10 minutes. What did you do? | Perform 4 rounds of:  -5 plank up-downs  -10 crunches  -15 high knees | Stretch your upper body, lower body, and core!  10 minutes of stretching each part of your body! | Practice a sport or skill for at least 10 minutes. What did you practice? |

AppleStrong Heart with Muscles Apple