**Daily Fitness Routine**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Sat/Sun** |
| **-30 Jumping Jacks**  **-2 minutes Jump Rope**  **-10 minute walk** | **Go for a walk of bike ride with a family member** | **-Play freeze dance with your parents!** **https://www.youtube.com/watch?v=2UcZWXvgMZE**  **- 20 jumping jacks**  **- 10 minute walk outside** | **Challenge your parent in a race outside!**  **15 minutes of jump rope practice** | **Complete the “breakfast scramble” Minute to win it! (all you need is a cereal box)** | **Run or Walk outdoors for 30 minutes!** |
| **-Get outside! Run 5 laps up and down your street (if possible)**  **- 30 sit ups**  **- 20 jumping jacks** | **-Complete this movement video:**  **https://www.youtube.com/watch?time\_continue=1&v=5if4cjO5nxo&feature=emb\_title** | **-**  **-Choose an ImaginAction to complete:**  http://imaginaction.stanford.edu | **- Play deck of fitness with your family!**  **https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-06-DeckOfFitness.pdf** | - Complete the “Have a Blast With This Family Fun Cardio Workout!” **https://www.youtube.com/watch?v=5if4cjO5nxo&feature=emb\_title** | **Run or Walk outdoors for 30 minutes!** |