**Daily Fitness Routine**

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| **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!** |