



SEPTEMBER FITNESS CHALLENGE

Kids Edition!

SUN	MON	TUE	WED	THU	FRI	SAT
		Day 1 Try to touch your toes 10 times.	Day 2 Do 10 star jumps. 	Day 3 Balance a ball on your head.	Day 4 Hop around like a frog for 20 seconds. 	Day 5 Free day or create your own fitness challenge!
Day 6 Free day or create your own fitness challenge!	Day 7 Pick a ball up from the floor without using your hands. 	Day 8 Choose a song and create a dance routine.	Day 9 Stretch as high as you can. 	Day 10 Take 10 giant steps.	Day 11 Spin in a circle for 10 seconds. 	Day 12 Free day or create your own fitness challenge!
Day 13 Free day or create your own fitness challenge!	Day 14 Walk like a crab for 1 minute. 	Day 15 Make your own hopscotch. Play for 1 minute.	Day 16 Skip rope for 1 minute. 	Day 17 Lay on your back and peddle your legs like you are on a bike.	Day 18 Do 6 cartwheels. 	Day 19 Free day or create your own fitness challenge!
Day 20 Free day or create your own fitness challenge!	Day 21 Balance on one leg for 1 minute. Switch. 	Day 22 Do 10 squats in 30 seconds.	Day 23 Walk backwards 10 steps and skip back. 	Day 24 Dance like a chicken for 1 minute.	Day 25 Stretch like a cat. Do it 5 times. 	Day 26 Free day or create your own fitness challenge!
Day 27 Free day or create your own fitness challenge!	Day 28 Tip toe for 25 seconds.	Day 29 Do yoga for 10 minutes. Videos on YouTube.	Day 30 Create an obstacle course and time yourself doing it.	Challenge complete! Great job! 		