

# HEALTHY FORDS NOVEMBER FAMILY FITNESS CALENDAR

**Aim to complete at least 4-5 activities per week. Try the recommended activity or plan one of your own!**

Date		Family Choice: Fill in below:	
1	See how many times you can throw a ball to each other without dropping it.		
2	Do 10 arm circles in each room of your home.		
3	Have a contest to see who can balance on one foot the longest		
4	Hop on each foot 10 times. Repeat 2 x		
5	Exerciser's choice		
6	Research a healthy Thanksgiving dessert recipe		
7	Coin Flip: Heads: Run in place 2 minutes Tails: Hold a plank one minute		
8	Do 25 Jumping jacks then 25 Squats		
9	Do 20 Burpees		
10	Stretch, touch your toes, Give yourself a bear hug		
11	Youngest family member's choice		
12	Do 10 sit ups before breakfast, do 10 before bed		
13	25 Mountain Climbers		
14	Take a family walk		
15	Sign up for a Turkey Trot 5K		
16	Jump Rope Challenge- how long can you go?		
17	Yoga: Practice Tree Pose, then relax in Child's Pose		
18	Go to the playground or an indoor playground if the weather is not cooperating		
19	Shoot hoops		
20	Catch a ball 50 times		
21	Do 20 alternating toe touches		
22	Strive for 5- eat 5 servings of fruits or veggies		
23	List 10 things you are thankful for- share with your family or friend		
24	Do 20 alternating toe touches		
25	Hold a plank for one minute Repeat 1 X		
26	25 Push ups		
27	Hydrate- drink an extra glass of water today		
28	Eat a vegetable today cooked a new way		
29	Calming strategy- Take 10 slow deep breaths		
30	Jump forward and backward 30 times		