

# HEALTHY FORDS DECEMBER 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	25 squats- UP the challenge: DO 10 squats and hold a 2lb or 5 lb weight			
2	Play your favorite active game- don't forget to drink your water!			
3	10 push ups Repeat 2 x today			
4	15 Push ups Repeat 2X today			
5	Play outside with your friends			
6	Do 35 jumping jacks			
7	Have a dance party			
8	Ride your bicycle- wear your helmet			
9	Strive for 5- eat 5 fruits or veggies			
10	Hold a plank for one minute			
11	Take a family walk- dress warm			
12	Stretch your legs and arms 2x today			
13	Exerciser's choice!			
14	15 Lunges			
15	Hop on each foot 20 times			
16	Yoga: Practice your favorite pose			
17	20 Burpees- can you do it?			
18	Run in place for two minutes			
19	Do 50 arm circles			
20	25 Crunches			
21	Choose your favorite stretch- hold 15 seconds Repeat 2X			
22	Do 25 Crunches			
23	Jump rope 75 times			
24	25 toe touches			
25	Yoga: Practice your tree pose			
26	Sleep in or go to bed early			
27	Crab walk for 20 steps. Repeat!			
28	Play outside with your friends. Dress warm			
29	Ride your bicycle- wear your helmet			
30	Drink water- Hydrate year round			
31	Make a resolution for a healthy Happy New Year!			