

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

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**PARTNER**  
Challenge someone to see who can do a balance the longest. Try 12 different balances.

14

**STATIONS**  
Same 3 stations for 5 minutes each now.

21

**HOW LONG**  
How long can you keep your legs up while on your back? Try it 10 times.

**RANDOM** 1

Put 6 exercises in a jar. Pick one out randomly throughout the day and do it 100 time!

**GAMES** 8

Use a UNO deck and assign exercises to each color and draw.

**PARTNER** 15

Pick a reward for the family member who can do the longest plank.

**1-MINUTE** 22

How many different exercises can you do for one minute at a time?

**PARTNER** 2

Play Rock, Paper, Scissors with the winner pick an exercise for the other to do 10 times

**STATIONS** 9

Same three stations as last time but for 4 minutes each.

**HOW LONG** 16

How long can you catch an object before dropping it? Must get to ten for it to count

**GAMES** 23

Play a game that takes turns. If it's not your turn you must be doing jumping jacks.

**GAMES** 3

Find a deck of cards. Pick an exercise for each suit. Do that many exercises when you draw a card.

**1-MINUTE** 10

Can you hold a Plank position for one minute? Try it 10 times during the day.

**RANDOM** 17

On every odd numbered hour you do a random balance for a total of 3 minutes.

**ALL DAY** 24

How many catches of a ball can you make in a day?

**HOW LONG** 4

How long can you do Jumping Jacks before you need to rest? Try 3 times.

**ALL DAY** 11

How many laps can you do around your house or block throughout the day?

**GAMES** 18

Play a board game. You can only do your turn in a Plank Position.

**STATIONS** 25

Same 3 stations for 6 minutes each now!

**STATIONS** 5

Write down on the back of Healthy Futures log 3 exercise stations; do them for 3 minutes each.

**HOW LONG** 12

How long can you balance on one leg? Try each leg 3 times.

**1-MINUTES** 19

Can you run in place for one minute? Repeat 10 times throughout the day.

**RANDOM** 26

Make a list of 12 exercises. Randomly ask people their favorite number then do that exercise.

Try our Daily Activity Challenge!

**RANDOM** 6

Find a dice and assign an exercise to each number and role.

**ALL DAY** 13

How many push ups can you do throughout the day?

**PARTNER** 20

Play Tic-Tac-Toe with someone while in the Plank position. Winner gets a prize.