

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Set a goal</p> <p>How many days will you be active this month? Write it here:</p> <p>_____</p>	<p>1 National Respect for 'Caregivers' Day</p> <p>Take a mindful minute to think of everything your caregiver does for you. Thank them.</p>	<p>2 Be Active!</p> <p>Pick a physical activity that you enjoy that will make your cheeks turn red and do it for as long as you would like</p>	<p>3 Children's Eye Health and Safety Month</p> <p>Practice giving your eyes breaks for 20 seconds every 20 minutes looking 20 feet away.</p>	<p>4 Just Because!</p> <p>Call, text, or take a quick jog to a friend's house to tell them one or more compliments, just because!</p>	<p>5 Balance Check</p> <p>How long can you stand on just your left foot? Just your right?</p> <p>Did you know good balance helps you move better!</p>	<p>6 Squat Challenge</p> <p>See how long you can hold a squat</p>
<p>7 National Family Day</p> <p>Do something fun and relaxing with your family! Play a game, go for a walk, or prepare a meal together.</p>	<p>8 Spidey Senses</p> <p>Turn on your "Spidey senses" and take a walk, either inside or outside. Try to notice at least 5 different smells or sounds. Write them down or tell someone what you noticed.</p>	<p>9 Start Sweating</p> <p>Find a way to move that will make you sweat</p>	<p>10 Summer Sun Safety Month</p> <p>Remember to always use sunscreen (at least SPF 30). Check out this link for more tips: Be Safe in the Sun</p>	<p>11 Leave a Note</p> <p>Leave a nice note for a friend or family member to find today. Example: "I am grateful to have you as a friend".</p>	<p>12 Tree Pose</p> <p>Balance on one leg. Bend your other leg and touch your foot to your leg above or below your knee. Reach high and touch hands above your head. What kind of tree are you?</p>	<p>13 Leap Frog</p> <p>See how many times you can leap like a frog before stopping. Need a challenge? Wait a couple seconds and try again.</p>
<p>14 Sunday Prep</p> <p>Do one thing today to help prepare you for the week.</p> <p>Examples:</p> <ul style="list-style-type: none"> -Pack your bookbag - Check your homework -Pack your lunch -Pick out your clothes 	<p>15 National Relaxation Day</p> <p>Practice Progressive Muscle Relaxation. Check out this guide: health.moves.minds.Progressive Muscle Relaxation</p>	<p>16 Your Choice</p> <p>Choose an activity that you like that makes your heartbeat fast and do it for 5 minutes or more</p>	<p>17 I LOVE My Feet Day!</p> <p>Use your feet to MOVE: Go for a walk or run; skip, gallop, or leap; jump rope or play hopscotch.</p>	<p>18 Thoughtful Thursday</p> <p>Tell someone you care about that you are grateful for them and why you appreciate them</p>	<p>19 Plank Pose</p> <p>Hold a plank position (like a push-up but stay up). Can you last for 1 commercial on TV? What about the whole commercial break?</p>	<p>20 Tabata Challenge</p> <p>Pick an exercise and work hard for 20 seconds, then rest for 10 seconds.</p> <p>Need ideas?</p>
<p>21 Meal Plan</p> <p>Make lunch, breakfast, or a snack, at least twice this week! MyPlate US Department of Agriculture</p>	<p>22 Nighttime Note</p> <p>Empty your mind before you go to bed by writing a note about what you're thinking. Read it in the morning.</p>	<p>23 Keep it Up</p> <p>See how long you can keep a balloon or beach ball up in the air before it touches the ground.</p>	<p>24 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>25 An Attitude of Gratitude</p> <p>Write down something you're thankful for and why.</p>	<p>26 Downward Dog</p> <p>Start in a plank position; then push yourself up to a Downward Facing Dog</p>	<p>27 Four Points Challenge</p> <p>Using your hands and feet only how long can you keep your body up off the ground?</p>

28. National Thoughtful Day

Find something to do at home to help someone out - do a chore, read to a sibling, use your best manners!

29 Before Bed Breathing

While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.

30 Challenge

Create an obstacle course where you live. Go through it as fast as you can, then repeat it as many times as you like to see if you can go faster.

31 Celebrate your success!

Look back at the goal you set. Did you meet your goal? If yes, tell a grown up you did it. If not, talk to a grown up about ways you can be more active and meet your goal next time.

SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury.

National Observances

- National Immunization Awareness Month with the [CDC](#)
- Summer Sun Safety Month with the [American Cancer Society](#)
- Children's Eye Health & Safety Month

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