

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>A WOW goal is a goal you set to complete within a week. Set a Within One Week (WOW) goal for each week. Write it in the space below:</p>	<p>1 Start with Gratitude List 3 people that are important to you. Think of people who make the world better because they are in it.</p>	<p>2 Change-It-Up Change the order of the exercises in your fitness routine. Be mindful of how it makes you feel.</p>	<p>3 Dance Party! Try this dance routine to any song: 8 jumping fist Pumps, 4 grapevine to the right, 4 grapevine to the left, 8 jumping fist pumps. Repeat. Or, Follow this dance to Dynamite.</p>	<p>4 Spread the Health Share with a friend or family member a piece of fitness advice to help them on their fitness journey.</p>	<p>5 Garbage Pick-Up Go for a walk with a parent/guardian or friends and bring a garbage bag. Pick up trash you see along your walk.</p>	<p>6 National Play Outside Day Organize a fun play day outside with family and friends. Use skills and fitness knowledge you learned in PE!</p>
<p>7 WOW Goal Reflect on your WOW goal and set a new goal for the week or keep the same.</p>	<p>8 Positive Self-Talk Look in the mirror and think or say 3 things you love about yourself.</p>	<p>9 National Left-Handers' Day Try an activity like playing catch or toothbrushing with your non-dominant hand</p>	<p>10 National Lazy Day Perform 10 diddly-squats (or not) then relax.</p>	<p>11 Counting Squats Count how many times today you perform a squat motion- sitting, scooping, greeting pets, etc.</p>	<p>12 Arm Day 10 triceps dips 10 wide-arm push-ups 10 diamond push-ups Complete 1-2 rounds</p>	<p>13 Wall-Sit Challenge Challenge a friend or family member to a wall sit contest. How many seconds can you hold it?</p>
<p>14 WOW Goal Reflect on your WOW goal and set a new goal for the week or keep the same.</p>	<p>15 Qualities List 3 qualities you would like in a friend/partner. Then 3 qualities you would not like in a friend/partner. How do these relate to your values/beliefs?</p>	<p>16 Tracker Fuel up for your workout by tracking your macronutrients today.</p>	<p>17 Just Because! Call, text or take a quick jog to a friend's house to tell them one or more compliments, just because!</p>	<p>18 Partner Exercise With a friend or family member, create six exercises you can perform together that both of you enjoy. Do each exercise 15 times.</p>	<p>19 Leg Day 20 squats 15 squat jumps 10 lunges (each leg) Complete 2-3 rounds</p>	<p>20 For Time! Complete the following as quickly as possible: 25 jumping jacks, 20 squats, 15 sit ups, 10 push-ups.</p>
<p>21 WOW Goal Reflect on your WOW goal and set a new goal for the week or keep the same.</p>	<p>22 Muscle Relaxation Find a quiet and safe place to lay down. Try this muscle relaxation. How did it make you feel?</p>	<p>23 AMRAP Complete as many rounds as possible (AMRAP) of a fitness circuit as you can in 10 minutes.</p>	<p>24 Tabata Jumping Jacks 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>25 Biceps Track all of the physical activity you do today that uses your biceps.</p>	<p>26 Flip a Coin Heads- Balance on one foot for 30 each. Tails- Perform a 30 second plank.</p>	<p>27 Strength Savvy Pick an exercise to strengthen your core and perform three sets of 15 repetitions.</p>
<p>28 WOW Goal Reflect on your WOW goal and set a new goal for the week or keep the same.</p>	<p>29 Leave a Note 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>30 Posture Check! Check your posture before, during, and after every set and feel your breathing and confidence improve.</p>	<p>31 Celebrate! Did you meet your goal? Celebrate by doing 10 of your favorite exercise. If not, reflect and try again next month!</p>	<p>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.</p> <p>National Health Observances: August 6 - National Play Outside Day August 9 - National Left-Handers' Day August 10 – National Lazy Day -Children's Eye Health & Safety Month -National Immunization Awareness Month</p>		