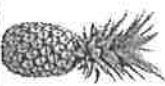

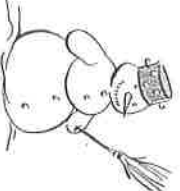



# 7 Days Winter Wellness Challenge!

Stay healthy, exercise daily, get plenty of rest and read!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15 Do 30 Jumping Jacks!</p>	<p>16 Start every day with a good breakfast!</p>	<p>17 Keep active to stay healthy!</p>	<p>18 </p>	<p>19 </p>	<p>20 Try to complete all the activities listed.</p>	<p>21 <b>Go for a walk</b></p>
<p>22 10 push-ups</p>	<p>23 <b>Try some yoga poses</b></p>	<p>24 Play Tag</p>	<p>25 Go outside and run around the house</p>	<p>26 <b>20 Lunges</b></p>	<p>27 Do 30 mountain climbers</p>	<p>28 <b>Drink 4 glasses of water</b></p>
<p>29 </p>	<p>30 Play outside if it's nice out!</p>	<p>31 Read for 20 minutes</p>	<p>1 DANCE It's the NEW YEAR!</p>	<p>2 Do 20 squats</p>	<p>3 Build a snowman if there's snow.</p>	<p>4 <b>Do 10 push-ups</b></p>
<p>3 <b>20 crab kicks</b></p>	<p>5 <b>Read for 30 minutes</b></p>	<p>6 Eat 3-4 servings of fruits or vegetables</p>	<p>7 Have your parent(s) Sign it.</p>	<p>8 <b>30 Jumping Jacks</b></p>	<p>9 <b>Do 10 push-ups</b></p>	<p>10 </p>
<p>11 <b>Do your own workout!</b></p>	<p>12 Go Skating!</p>	<p>13 After you complete your calendar put your name on it.</p>	<p>14 <i>You may color the calendar.</i></p>	<p>15 Hand in to the PE teacher when you are done.</p>		