

# April 2020



**\*Stay Safe\* Stay Active\* Stay Healthy\***

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b><u>April/May Challenge How to Videos</u></b> <a href="#">PLANK how to Video</a> <a href="#">PUSH UP how to video</a> <a href="#">SQUAT how to video</a> <a href="#">BICYCLE CRUNCHES how to video</a>						
<b>1</b>	<b>12</b> Drink Plenty of Fluids Mostly water 6-8 glasses or more per day (Activity and weather dependent)	<b>13</b> 10 sec plank 5 push-ups 10 Squats 10 Bicycle Crunches	<b>14</b> 10 sec plank 6 push-ups 10 Squats 11 Bicycle Crunches	<b>15</b> 10 sec plank 7 push-ups 12 Squats 12 Bicycle Crunches	<b>16</b> 10 sec plank 8 push-ups 12 Squats 13 Bicycle Crunches	<b>17</b> 10 sec plank 8 push-ups 15 Squats 14 Bicycle Crunches	<b>18</b> 8-10 hours of sleep each night (a regular schedule) Research suggests teens need 9-9 1/2 hours of sleep each night.
<b>2</b>	<b>19</b> Find ways to connect? How else can you connect with friends and family? Online games, facetime, write a letter. . .	<b>20</b> 15 sec plank 9 push-ups 15 Squats 15 Bicycle Crunches	<b>21</b> 15 sec plank 10 push-ups 18 Squats 15 Bicycle Crunches	<b>22</b> 15 sec plank 10 push-ups 18 Squats 15 Bicycle Crunches	<b>23</b> 15 sec plank 10 push-ups 20 Squats 16 Bicycle Crunches	<b>24</b> 15 sec plank 10 push-ups 20 Squats 16 Bicycle Crunches	<b>25</b> Phone a Friend (or a relative) It is important to stay connected to those we care about
<b>3</b>	<b>26</b> Do you have any brain games on a phone or tablet? Find a new one to try today!	<b>27</b> 10 sec plank 11 push-ups 23 Squats 17 Bicycle Crunches	<b>28</b> 20 sec plank 11 push-ups 23 Squats 17 Bicycle Crunches	<b>29</b> 20 sec plank 12 push-ups 25 Squats 18 Bicycle Crunches	<b>30</b> 20 sec plank 13 push-ups 25 Squats 18 Bicycle Crunches	<b>May 1</b> 20 sec plank 13 push-ups 28 Squats 19 Bicycle Crunches	<b>May 2</b> Play some kind of card or board game with a family member. Yahtzee, Monopoly, Checkers, Crazy 8s, Go Fish?

# May 2020



**\*Stay Safe\* Stay Active\* Stay Healthy\***

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	<p>3 Laughter is the best medicine! Make yourself and others happy with a Good or bad joke. A joke is a joke. Keep it clean.</p>	<p>4 20 sec plank 14 push-ups 28 Squats 20 Bicycle Crunches</p>	<p>5 20 sec plank 15 push-ups 30 Squats 21 Bicycle Crunches</p>	<p>6 25 sec plank 15 push-ups 30 Squats 22 Bicycle Crunches</p>	<p>7 25 sec plank 16 push-ups 32 Squats 22 Bicycle Crunches</p>	<p>8 25 sec plank 17 push-ups 32 Squats 23 Bicycle Crunches</p>	<p>9 <b>Family Movie Time</b> Pick a funny movie, pop some popcorn and enjoy some laughter together.</p>
5	<p>10 <b>Spring Cleaning</b> Clean out a closet or drawer in your room. Find a new way to organize your belongings.</p>	<p>11 25 sec plank 18 push-ups 35 Squats 24 Bicycle Crunches</p>	<p>12 25 sec plank 19 push-ups 35 Squats 24 Bicycle Crunches</p>	<p>13 30 sec plank 19 push-ups 38 Squats 25 Bicycle Crunches</p>	<p>14 30 sec plank 20 push-ups 38 Squats 26 Bicycle Crunches</p>	<p>15 30 sec plank 20 push-ups 40 Squats 26 Bicycle Crunches</p>	<p>16 <b>Spring Cleaning</b> Help with some cleaning around the house. Maybe you could clean out your family's car.</p>
6	<p>17 <b>Family Time</b> Enjoy the long weekend with your family members.</p>	<p>18 30 sec plank 21 push-ups 40 Squats 27 Bicycle Crunches</p>	<p>19 35 sec plank 21 push-ups 42 Squats 27 Bicycle Crunches</p>	<p>20 40 sec plank 22 push-ups 42 Squats 27 Bicycle Crunches</p>	<p>21 40 sec plank 23 push-ups 45 Squats 28 Bicycle Crunches</p>	<p>22 45 sec plank 24 push-ups 45 Squats 28 Bicycle Crunches</p>	<p>23 <b>Enjoy the Sunshine.</b> Help a parent clean you your yard.</p>
7	<p>24 <b>Time to Relax.</b> Play relaxing music, nature sounds, whatever puts you at ease. Take some deep belly breaths and relax.</p>	<p>25 50 sec plank 26 push-ups 48 Squats 29 Bicycle Crunches</p>	<p>26 55 sec plank 28 push-ups 48 Squats 29 Bicycle Crunches</p>	<p>27 55 sec plank 29 push-ups 50 Squats 30 Bicycle Crunches</p>	<p>28 60 sec plank 30 push-ups 50 Squats 30 Bicycle Crunches</p>	<p>29 <b>Turn on your favorite song and dance. You did it!</b></p>	<p>30 <b>Mindful walk.</b> Go for a walk with your family. Walk silently listening to the sounds around you. What do you hear?</p>

