



October Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Go swimming	31 Happy Halloween!					1 Have a basketball shootout with family or friends.
2 Do 10 squats 3 times today	3 Throw a football with mom or dad. Can you catch and throw 50 passes?	4 Play tag with a friend	5 Do 10 pushups twice today	6 Dribble a soccer ball with your feet for five minutes as many times as you can today	7 Take a 5 minute fast walk. Now alternate walking and jogging for 25 minutes	8 Ride your bike. Remember to wear your helmet.
9 25 jumping jacks	10 Do 10+15 sit-ups	11 Play frisbee with a friend or family member	12 Walk your dog. If you don't have one, take a walk.	13 Crabwalk around the house during commercials	14 Do 20 lunges	15 Do 25 crabkicks
16 Make up a new game and play with friends or family	17 Do as many calf raises as you can today	18 Stretch 3 times today	19 Do 20 curlups when you wake up and before you go to bed	20 Skip around your house or around the block	21 Play freeze tag. Try to balance on one leg when frozen	22 Jump rope 75 times
23 Do 20 windmills	24 Do 15 toe touches 3 times today	25 Walk today instead of taking the car	26 Throw at a target	27 Don't play video games or watch TV today	28 Help make a healthy dinner tonight. What did you make?	29 Go on a nature hike