

30 DAY PHYSICAL ACTIVITY CHALLENGE

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|---|---|
| <input type="checkbox"/> 1. Do jumping jacks for 1 minute | <input type="checkbox"/> 16. Crab walk through your house |
| <input type="checkbox"/> 2. Have a 3 minute dance party | <input type="checkbox"/> 17. Do as many pushup as you can |
| <input type="checkbox"/> 3. Stretch 5 different muscles | <input type="checkbox"/> 18. Run in place for 2 minutes |
| <input type="checkbox"/> 4. Plank for 1 minute | <input type="checkbox"/> 19. Dance to your favorite song |
| <input type="checkbox"/> 5. Do 5 yoga poses | <input type="checkbox"/> 20. Start your day with 10 squats |
| <input type="checkbox"/> 6. Start your day with 10 star jumps | <input type="checkbox"/> 21. Go for a walk outside |
| <input type="checkbox"/> 7. Create a new dance move | <input type="checkbox"/> 22. Create your own hopscotch |
| <input type="checkbox"/> 8. Calculate your heart rate | <input type="checkbox"/> 23. Do line jumps for 1 minute |
| <input type="checkbox"/> 9. Balance on one foot | <input type="checkbox"/> 24. Skip around your house |
| <input type="checkbox"/> 10. Enjoy 3 minutes of meditation | <input type="checkbox"/> 25. Play rock, paper, scissors |
| <input type="checkbox"/> 11. Do 30 mountain climbers | <input type="checkbox"/> 26. Create your own game |
| <input type="checkbox"/> 12. Read a book while wall sitting | <input type="checkbox"/> 27. Do 15 lunges |
| <input type="checkbox"/> 13. Do 10 frog jumps | <input type="checkbox"/> 28. Build your own obstacle course |
| <input type="checkbox"/> 14. Do high knees for 20 seconds | <input type="checkbox"/> 29. Hop on one foot for 45 seconds |
| <input type="checkbox"/> 15. Teach someone a dance move | <input type="checkbox"/> 30. Repeat your favorite day |

Can you complete each challenge? Snap a photo or video and tag us @kidsinthegameny on Facebook, Twitter, or Instagram to let us know how you're doing!



Go for the Goal

How do you write a goal?

When writing a goal makes sure they are SMART

S - Specific

M - Measurable

A - Attainable

R - Realistic

T - Timely



How do you achieve your goals?

Layout the small steps (short-term goals) you need to take in order to achieve your main goal (long-term goal).

Decided who around you can help you achieve your goal.

Look and try new strategies that will help you.

Use the templates we have provided to help track the steps you have taken and the progress you have made towards your goal.

Achieving My Goal!

My goal is...

I can do this by...

The people who can help me with my goal are...



MY GOAL REFLECTION

My goal is...

To achieve my goal so far, I have...

To achieve my goal something new I will try is...
