

Calendar Challenge Template

Physical activity is easiest if you make it part of your lifestyle and your program’s culture. This does not always come easily, and it can be hard to fit physical activity into busy days. Planning ahead is the solution. Take the time now to think of 30 days of simple physical activities that your program can promote as an organization: families, staff, and children all participate!

In the space below, fill in a simple game or activity that all members of your program community could do (for example, stand up and stretch after breakfast; walk like an animal toward the door on the way home; turn on music and dance until you feel your heart beat fast; have people toss something in a basket in the lobby). If you need ideas, look at the resources in the Apply section.

Monday	Tuesday	Wednesday	Thursday	Friday