



#ActiveAugust Daily Activity Tasks



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Go on a walk or push	2 Pick 5 exercises and repeat them 3 times	3 Can you do 60 seconds of walking star jumps?	4 Get outdoors when you can. bring a friend along.
5 Go for a bike ride or push	6 Go for a scoot or push	7 Prepare your own breakfast	8 Dance	9 Pick 5 exercises and repeat them 3 times	10 Jog or move on the spot for 60 seconds	11 Make your own lunch
12 Try something new	13 How many sit ups can you do?	14 Balance on one leg while brushing your teeth	15 Go for a swim	16 Pick 5 exercises and repeat them 3 times	17 Try sideways walking	18 How many crunches can you do in 60 seconds?
19 Do an outdoor activity with mum and dad	20 Stand up and sit down without using your hands	21 Move like a monkey	22 Get off the sofa	23 Pick 5 exercises and repeat them 3 times	24 Move like a pirate	25 Play a sport with your parents or siblings
26 Go on a hike/ climb a hill	27 Try backwards walking or pushing	28 Go on a treasure hunt or make your own	29 How long can you do the plank for?	30 Pick 5 exercises and repeat them 3 times	31 Limit TV, video games and computer time	

