

Health Choices Activity Calendar

Week	Day	Day	Day	Day	Day	Day
Week 1	1	2	3	4	5	Bonus!
Welcome to the Health Choices Challenge! Each day this week, try out a new type of movement by completing the video or activity listed!	Prepare for the month of activity ahead by completing this Range of Motion workout as a family	Practice your balance and strength skills with this video focused on Standing Poses for Balance and Leg Strength	Enjoy some relaxing activity with your family by completing this Family Yoga Class workout	Complete this Family HIIT workout. Afterwards discuss what the hardest move was for each of you!	Get ready to perform and complete this Frozen themed Dancing and Karaoke video	Spring-clean the house as a family by each taking a room to clean. Play some music and have fun with it!
Week 2	1	2	3	4	5	Bonus!
Continue working out and bonding as a family this week with the listed videos and activities!	Start the week off strong with this Family Workout	Work on your flexibility today with a workout focused on Stretches and Exercises	Work on your lower body strength by completing this Leg Day workout as a family	Do some fun stretching as a family with this Gymnastics Warm-up and Stretch video	Get your family together for a family game night and play Fitness Monopoly	Enjoy the outdoors while getting some physical activity in by cleaning up the yard!
Week 3	1	2	3	4	5	Bonus!
This week, you get to choose which activity you do each day! Try to agree on one as a family or try out both options	Choose one of the following: Kickboxing Combo video Or Arm Circuit video	Choose one of the following: Power Punching Or Fitness Drumming	Choose of the following: Head and Shoulders, Knees and Toes Or Move and Freeze	Choose one of the following: Movement Flow Or Coach Says	Choose one of the following: Full Body Workout Or Cha Cha Slide	Get your whole family together and go for a long walk
Week 4	1	2	3	4	5	Bonus!
For the final week, you get to pick the activities! Choose a family activity for each day within the category specified and have fun!	Choose an upper body activity to complete as a family	Choose your own family yoga poses. Pick some favorites you've previously done or try out some new poses together!	Choose your own family leg or lower body focused activity to complete	Choose your own family cardio activity. Try out a long walk, playing a game outside, or even having a competition!	Choose your playlist for a family dance. Then have some fun by having a dance party to the songs you choose!	Choose your own family activity! It can be one from earlier in the calendar or a completely new one you want to try