

Daily Physical Activity (Intermediate)

	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Activity	Juggling https://www.youtube.com/watch?v=96yYmizfqiw Balance practice https://www.youtube.com/watch?v=-VNqE8tV2GE	Combo: 10 push-ups 10 forward lunges 10 mountain climbers 10 jumping jacks *repeat 3 times	Juggling #2 https://www.youtube.com/watch?v=x2_j6kMg1co Balance practice https://www.youtube.com/watch?v=-VNqE8tV2GE	Combo: 10 burpees Hold a 30-second plank 10 squats 10 jumping jacks *repeat 3 times	Juggling #3 https://www.youtube.com/watch?v=Badd8Av0DVY&list=PL5cN4uQDliVJxBu0DSF2H2y4k5G3O6Cx&index=2 Balance practice https://www.youtube.com/watch?v=-VNqE8tV2GE
Act of Kindness	Send a funny video to a friend to make them smile	FaceTime/Video call a friend or family member to say hi	Help your family make a healthy meal	Write a Thank You note to a community member	Do an extra chore
Self-Care	Schedule your weekly activities and make a To-Do list	Start reading a new book	Do something creative! Write a song, paint, draw, etc.	Complete a challenging puzzle with a family member	Write down 5 things you are grateful for this week

Choose one of the following activities to do **each day**:

- Create and complete an indoor obstacle course <https://bit.ly/2UIzm2g>
- Create a dance and share it with friends
- Go for a long walk outside (rain or shine!)
- Go for a bike or scooter ride
- Vacuum your whole house
- One 'P.E. with Joe' video: <https://www.youtube.com/user/thebodycoach1/videos>

- How to do a jumping jack: <https://www.youtube.com/watch?v=SZqPDDUUpao>
- How to do a plank: https://www.youtube.com/watch?v=qMZ7Df_sy3E
- How to do a push-up: <https://www.youtube.com/watch?v=7oNNIZmatKA>
- How to do mountain climbers: <https://www.youtube.com/watch?v=8Uc7KcVC-Ao>
- How to do a lunge: <https://www.youtube.com/watch?v=-uflCDld9i0>
- How to do a burpee: <https://www.youtube.com/watch?v=CputWeUFUbM>
- How to do a squat: <https://www.youtube.com/watch?v=ppWRcisetNE>

*Note: You can use balled up socks instead of balls for the juggling videos 😊