

May 2020

Stay Safe Stay Active* Stay Healthy*

May/June Challenge How to Videos

[PLANK how to Video](#)

[PUSH UP how to video](#)

[SQUAT how to video](#)

[BICYCLE CRUNCHES how to video](#)

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	3 Drink Plenty of Fluids Mostly water 6-8 glasses or more per day (Activity and weather dependent)	4 10 sec plank 5 push-ups 10 Squats 10 Bicycle Crunches	5 10 sec plank 6 push-ups 10 Squats 11 Bicycle Crunches	6 10 sec plank 7 push-ups 12 Squats 12 Bicycle Crunches	7 10 sec plank 8 push-ups 12 Squats 13 Bicycle Crunches	8 10 sec plank 8 push-ups 15 Squats 14 Bicycle Crunches	9 8-10 hours of sleep each night (a regular schedule) Research suggests teens need 9-9 1/2 hours of sleep each night.
2	10 Find ways to connect? How else can you connect with friends and family? Online games, facetime, write a letter. . .	11 15 sec plank 9 push-ups 15 Squats 15 Bicycle Crunches	12 15 sec plank 10 push-ups 18 Squats 15 Bicycle Crunches	13 15 sec plank 10 push-ups 18 Squats 15 Bicycle Crunches	14 15 sec plank 10 push-ups 20 Squats 16 Bicycle Crunches	15 15 sec plank 10 push-ups 20 Squats 16 Bicycle Crunches	16 Phone a Friend (or a relative) It is important to stay connected to those we care about
3	17 Do you have any brain games on a phone or tablet? Find a new one to try today!	18 10 sec plank 11 push-ups 23 Squats 17 Bicycle Crunches	19 20 sec plank 11 push-ups 23 Squats 17 Bicycle Crunches	20 20 sec plank 12 push-ups 25 Squats 18 Bicycle Crunches	21 20 sec plank 13 push-ups 25 Squats 18 Bicycle Crunches	22 20 sec plank 13 push-ups 28 Squats 19 Bicycle Crunches	23 Play some kind of card or board game with a family member. Yahtzee, Monopoly, Checkers, Crazy 8s, Go Fish?

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4	24 Laughter is the best medicine! Make yourself and others happy with a Good or bad joke. A joke is a joke. Keep it clean.	25 20 sec plank 14 push-ups 28 Squats 20 Bicycle Crunches	26 20 sec plank 15 push-ups 30 Squats 21 Bicycle Crunches	27 25 sec plank 15 push-ups 30 Squats 22 Bicycle Crunches	28 25 sec plank 16 push-ups 32 Squats 22 Bicycle Crunches	29 25 sec plank 17 push-ups 32 Squats 23 Bicycle Crunches	30 Family Movie Time Pick a funny movie, pop some popcorn and enjoy some laughter together.
5	31 Spring Cleaning Clean out a closet or drawer in your room. Find a new way to organize your belongings.	June 1 25 sec plank 18 push-ups 35 Squats 24 Bicycle Crunches	2 25 sec plank 19 push-ups 35 Squats 24 Bicycle Crunches	3 30 sec plank 19 push-ups 38 Squats 25 Bicycle Crunches	4 30 sec plank 20 push-ups 38 Squats 26 Bicycle Crunches	5 30 sec plank 20 push-ups 40 Squats 26 Bicycle Crunches	6 Spring Cleaning Help with some cleaning around the house. Maybe you could clean out your family's car.
6	7 Family Time Enjoy the long weekend with your family members.	8 30 sec plank 21 push-ups 40 Squats 27 Bicycle Crunches	9 35 sec plank 21 push-ups 42 Squats 27 Bicycle Crunches	10 40 sec plank 22 push-ups 42 Squats 27 Bicycle Crunches	11 40 sec plank 23 push-ups 45 Squats 28 Bicycle Crunches	12 45 sec plank 24 push-ups 45 Squats 28 Bicycle Crunches	13 Enjoy the Sunshine. Help a parent clean you your yard.
7	14 Time to Relax. Play relaxing music, nature sounds, whatever puts you at ease. Take some deep belly breaths and relax.	15 50 sec plank 26 push-ups 48 Squats 29 Bicycle Crunches	16 55 sec plank 28 push-ups 48 Squats 29 Bicycle Crunches	17 55 sec plank 29 push-ups 50 Squats 30 Bicycle Crunches	18 60 sec plank 30 push-ups 50 Squats 30 Bicycle Crunches	19 Turn on your favorite song and dance. You did it!	Mindful walk. Go for a walk with your family. Walk silently listening to the sounds around you. What do you hear?