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|  |  | Liverpool Weekly Calendar January 24-28 |
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|  | Fit week | Today and the rest of the week use the **Active Log** to track your active minutes  Ex: sliding, walking, build a fort or snowman,  Active Log on the website |
|  | Snow day | Go skating, Shovel the sidewalk or the driveway safely with an adult, take your animal for a walk if they can, play outside! Then perform a video workout from the website |
|  | Weather Challenge | Perform the weather challenge on the webpage |
|  | 30 sec challenge | Perform the 30 sec challenge from the webpage |
|  | Workout day | Today perform 2 of the Tabata video or workout video |

Website

<https://secure1.nbed.nb.ca/sites/ASD-W/Liverpoolelem/Teachers/pages/category.aspx?CategoryId=24&Name=Phys+Ed+M.+Gauvin>

Youtube

<https://www.youtube.com/channel/UCpjz3OIsuoVd4Hi-ffWxPNQ>