

# Active Week Homework Challenges

Name: \_\_\_\_\_

## Day 1 - Monday

Go outside on your bike/rollerblades/skateboard for 20 minutes or go for a little jog in the park.

Signed \_\_\_\_\_

## Day 2 - Tuesday

Go for a walk around the block after dinner with your family.

Signed \_\_\_\_\_

## Day 3 - Wednesday

Do star jumps for 1 minute 5 times throughout the day. Ask an adult to time you.

Signed \_\_\_\_\_

## Day 4 - Thursday

Go to the park and play with your friends, family or pet for 30 minutes.

Signed \_\_\_\_\_