

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Create an indoor or outdoor scavenger hunt. Look for items such as a healthy food item, handicap-accessible ramp, someone being active, etc.	2 Black History Month March to Montgomery	3 Do something kind for a family member.	4 Flip a Coin Friday Stretch your quadriceps, hamstrings, gluteals, and lower back before every class today. Tails- Stretch your pectorals, biceps, triceps, and latissimus dorsi before every class.	5 Do an "I go, you go" workout with a friend. Perform 1 set of 10 reps of an exercise, then they takes their turn. Next, your partner chooses an exercise. Try to perform 6 sets of different exercises in total!
6 Make a list of things that you are grateful for in 10 minutes. Reflect on your list.	7 Complete the health.moves.minds Mindfulness Pledge HMM Pledge	8 Celebrate Black History Month Black History Month Athlete Fitness Challenge	9 Create an indoor circuit with five stations, one for each component of health-related fitness. See how many circuits you can complete in 15 minutes.	10 Ask an adult to share a positive story about their PE class.	11 National Make a Friend Day Invite someone you don't normally talk with to play your favorite sport or to participate in their favorite physical activity.	12 Share your favorite physical activity with a family member.
13 Super Bowl Sunday- Perform 1 push-up for every point scored after every touchdown. 7 points= 7 push-ups. Perform 1 squat for every point scored after every field goal. 3 points= 3 squats.	14 Valentine's Day/Kindness Monday: How to Take and Lead a Kindful Minute Random Acts of Kindness Week begins	15 Share a laugh Tell a joke, watch a funny movie or draw a silly picture with someone.	16 Using household items that won't leak or break, perform one exercise for each movement pattern: hinge, push, lunge, pull, squat, brace, carry, rotate.	17 National Random Act of Kindness Day- Without the person asking, complete one of their chores for them before they are able to do it!	18 Flip a Coin Friday Heads- Create a unique handshake with a friend. Make it have at least 4 moves Tails- Create a unique fist bump sequence with a friend. Make it have at least 4 moves.	19 You First Let someone go before you in a store, in a line or anywhere else you can think of!
20 Take a walk! If it's cool where you live, the drop in temperature mixed with your oxygenated blood will help to give you a clear mind.	21 Put your favorite song on and make up a dance or fitness routine!	22 Black History Month Research your local area. If there was a civil rights march nearby at one point, complete the same march. If not, research a historical march and walk an equal distance.	23 Teach a friend or family member your favorite workout and have them perform it with you.	24 Conserve a water Take a short shower, turn off the water while brushing, keep the lights off	25 Flip a Coin Friday Heads- Alternate 10 times between a superman and a push-up. Tails- Alternate 10 times between a squat and a donkey kick. Do these before school and after dinner.	26 Hit the Track Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!
27 Prepare for tomorrow and Just Relax Today	28 Reflect on what has gone well this month and adjust your goals for next month.	National Health Observances: <ul style="list-style-type: none"> American Heart Month Black History Month Teen Dating Violence Awareness Month Random Acts of Kindness Week – 14th-20th Random Acts of Kindness Day – 17th 			SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!	