

31-Day Activity Challenge for Youth



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NCHPAD				1 Take a 10-minute cardio break	2 Be physically active for 30 minutes	3 Practice a deep breathing exercise
4 Explore a new trail or park	5 Head to the pool for a swim or fitness class	6 Plan a physical activity to do with friends	7 Take a stretching break every hour	8 Challenge your friends to be physically active for 30 minutes	9 Make a movie or puppet show to perform	10 Play outdoor for at least 30 minutes
11 Take a nature walk	12 Replace evening screen time with a bike ride or walk	13 Walk the dog or visit a dog park	14 Ask a friend or adult to try a new hiking trail with you	15 Plant a fruit, vegetable, or herb plant	16 Create your own workout video	17 Help with outdoor yardwork or house chores
18 Dance or clean to your favorite music	19 Volunteer at a local animal shelter or community garden	20 Turn off the computer and TV at home	21 Plan for a time to exercise	22 Sign up for a 5k or charity walk with your family	23 Be physically active during recess	24 Go on a scavenger hunt outside
25 Exercise with a friend	26 Pick an exercise to perform for every TV commercial	27 Meditate for 10 minutes	28 Limit screen time to less than one hour	29 Learn a new yoga pose to perform before bed	30 Actively stretch before heading to school	31 Help with outdoor yardwork or house chores