



# FITNESS CHALLENGE

January 2026

| Sunday                                    | Monday                                  | Tuesday                                   | Wednesday                               | Thursday                                  | Friday                                  | Saturday                            |
|-------------------------------------------|-----------------------------------------|-------------------------------------------|-----------------------------------------|-------------------------------------------|-----------------------------------------|-------------------------------------|
|                                           |                                         |                                           |                                         | 1<br>3 Heel Kicks<br>3 Jump and Twists    | 2<br>3 Basic Lunges<br>3 Squat Jumps    | 3<br>HOBBY DAY<br>Choose 1 hobby    |
| 4<br>5 Heel Kicks<br>5 Jump and Twists    | 5<br>5 Basic Lunges<br>5 Squat Jumps    | 6<br>5 Heel Kicks<br>5 Jump and Twists    | 7<br>5 Basic Lunges<br>5 Squat Jumps    | 8<br>5 Heel Kicks<br>5 Jump and Twists    | 9<br>5 Basic Lunges<br>5 Squat Jumps    | 10<br>HOBBY DAY<br>Choose 1 hobby   |
| 11<br>7 Heel Kicks<br>7 Jump and Twists   | 12<br>7 Basic Lunges<br>7 Squat Jumps   | 13<br>7 Heel Kicks<br>7 Jump and Twists   | 14<br>7 Basic Lunges<br>7 Squat Jumps   | 15<br>7 Heel Kicks<br>7 Jump and Twists   | 16<br>7 Basic Lunges<br>7 Squat Jumps   | 17<br>HOBBY DAY<br>Choose 1 hobby   |
| 18<br>10 Heel Kicks<br>10 Jump and Twists | 19<br>10 Basic Lunges<br>10 Squat Jumps | 20<br>10 Heel Kicks<br>10 Jump and Twists | 21<br>10 Basic Lunges<br>10 Squat Jumps | 22<br>10 Heel Kicks<br>10 Jump and Twists | 23<br>10 Basic Lunges<br>10 Squat Jumps | 24<br>HOBBY DAY<br>Choose 2 hobbies |
| 25<br>12 Heel Kicks<br>12 Jump and Twists | 26<br>12 Basic Lunges<br>12 Squat Jumps | 27<br>12 Heel Kicks<br>12 Jump and Twists | 28<br>12 Basic Lunges<br>12 Squat Jumps | 29<br>12 Heel Kicks<br>12 Jump and Twists | 30<br>12 Basic Lunges<br>12 Squat Jumps | 31<br>HOBBY DAY<br>Choose 2 hobbies |

## Get Active for the New Year!

Use this printable calendar to keep kids active during the month of January!  
It's also National Hobby Month, so you can encourage students to try a new hobby on the weekend with family members.

-  For Basic Lunges, do the number listed for each side
-  HOBBY DAY – choose 1-2 activities listed on Page 4 or choose your own

Find the visuals for each fitness activity below.

Special thanks to:



Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.



## BASIC Lunges

Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. *Repeat by alternating lunge with opposite leg.*



## SQUAT Jumps

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. *Repeat.*

FITNESS BREAKS PRE-GAME



## Heel Kicks

Start with a light jog. Pull the heel of the lower leg up to and bounce off the buttock.

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FITNESS BREAKS OVERTIME



## JUMP AND Twist

Jump up and rotate body.  
Land softly on the balls of the feet.

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# January is National Hobby Month

Choose from the list of hobbies (or come up with your own) for each Saturday of the month!

|  |                  |  |                                                              |
|--|------------------|--|--------------------------------------------------------------|
|  | Skateboarding    |  | Disc Golf                                                    |
|  | Canoeing         |  | Scavenger Hunt                                               |
|  | Baseball         |  | Volleyball                                                   |
|  | Basketball       |  | Badminton                                                    |
|  | Soccer           |  | Jump Roping                                                  |
|  | Bowling          |  | Pickleball                                                   |
|  | Football         |  | STEM Activities (ex. build a fort, create the tallest tower) |
|  | Archery          |  | Rock Climbing                                                |
|  | Dance            |  | Trampoline Jumping                                           |
|  | Ice Skating      |  | Reading (act out the story!)                                 |
|  | Swimming         |  | Charades                                                     |
|  | Golfing          |  | Board Games                                                  |
|  | Hiking           |  | Bicycling                                                    |
|  | Horseback Riding |  | Running                                                      |
|  | Karate           |  | Laser Tag                                                    |
|  | Gymnastics       |  | Frisbee                                                      |
|  | Yoga             |  | Speed Stacking                                               |
|  | Table Tennis     |  | Hockey                                                       |