30-Day Kids Fitness Challenge

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Name: _____ Start date: _____ Colour a star or tick each completed day!

DAY 1
Star Jumps
Do 10 star jumps.

DAY 2
Frog Hops
Hop like a frog 10 times.

DAY 3
Flamingo Balance
Balance 20 sec each leg.

DAY 4
Dance Party
Dance for 3 minutes.

DAY 5
Wall Push-Ups
Do 10 wall push-ups.

DAY 6
Crab Walk
Take 20 crab-walk steps.

DAY 7
Toe Touches
Reach towards toes 10 times.

DAY 8
High Knees
March high for 30 seconds.

DAY 9
Squat Challenge
Do 10 slow squats.

DAY 10
Bear Crawl
Bear-crawl for 10 steps.

DAY 11
Heel Raises
Rise on tiptoes 15 times.

DAY 12
Side Steps
Take 20 sideways steps.

DAY 13
Bicycle Legs
Pedal legs for 30 seconds.

DAY 14
Imaginary Skipping
Skip an invisible rope 20 times.

DAY 15
Tree Pose
Balance 15 sec per side.

DAY 16
Mountain Climbers
Do 10 slow knee drives.

DAY 17
Penguin Walk
Take 20 penguin steps.

DAY 18
Seated Twist
Twist gently 10 times.

DAY 19
Jump & Freeze
Jump and freeze 10 times.

DAY 20
Butterfly Stretch
Hold butterfly stretch 20 sec.

DAY 21
Stair Climb
Walk stairs up and down twice.

DAY 22
Side Lunges
Do 5 side lunges each leg.

DAY 23
Shadow Boxing
Air-punch for 30 seconds.

DAY 24
Cat-Cow Stretch
Do 10 cat-cow stretches.

DAY 25
Plank Hold
Hold a plank for 15 seconds.

DAY 26
Giant Steps
Take 20 giant steps.

DAY 27
Arm Circles
10 forward + 10 backward.

DAY 28
Mini Workout
5 squats, 5 wall push-ups, 10 marches.

DAY 29
Fitness Circuit
10 star jumps, 10 squats, 10 high knees.

DAY 30
Final Challenge
Dance 3 min + 10 frog hops.

Activity Guide: Exactly What to Do

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Read the matching day before starting. Choose a comfortable pace and stop if anything hurts.

01. Star Jumps
Stand tall, jump feet apart as arms rise, then jump back.

02. Frog Hops
Squat comfortably and make 10 small forward hops.

03. Flamingo Balance
Stand near a wall; lift one foot, then switch legs.

04. Dance Party
Play a favourite song and keep moving to the beat.

05. Wall Push-Ups
Hands on wall, bend elbows, then gently push away.

06. Crab Walk
Sit, lift hips with hands and feet, then move slowly.

07. Toe Touches
Bend gently from hips with soft knees; do not force.

08. High Knees
Lift knees alternately while marching on the spot.

09. Squat Challenge
Sit back as if onto a chair, then stand tall.

10. Bear Crawl
Hands and feet on floor; crawl slowly with knees low.

11. Heel Raises
Hold a wall if needed; lift heels, then lower.

12. Side Steps
Step right 10 times, then left 10 times.

13. Bicycle Legs
Lie on back and slowly cycle legs in the air.

14. Imaginary Skipping
Make 20 gentle jumps as if turning a skipping rope.

15. Tree Pose
Rest one foot against opposite ankle; switch sides.

16. Mountain Climbers
Hands on stable floor, bring one knee forward at a time.

17. Penguin Walk
Keep arms by sides and take 20 short waddling steps.

18. Seated Twist
Sit tall; turn left and right five times each.

19. Jump & Freeze
Make a small jump, land softly, and hold still.

20. Butterfly Stretch
Sit with soles together; sit tall without forcing knees.

21. Stair Climb
Use a handrail and an adult nearby; walk, do not race.

22. Side Lunges
Step sideways, bend that knee gently, then return.

23. Shadow Boxing
Alternate controlled punches into empty space.

24. Cat-Cow Stretch
On hands and knees, slowly round then relax your back.

25. Plank Hold
Support on forearms and knees or toes; keep body steady.

26. Giant Steps
Walk slowly with 20 long, comfortable steps.

27. Arm Circles
Stretch arms sideways; make small circles both ways.

28. Mini Workout
Complete each movement in order at a steady pace.

29. Fitness Circuit
Do each activity in order; rest between them.

30. Final Challenge
Dance to a song, rest, then finish with 10 small hops.

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CERTIFICATE OF ACHIEVEMENT

30-Day Kids Fitness Challenge

Presented to:

_____

For showing up, moving your body and having fun!

Favourite activity: _____

Date: _____ Signed: _____

Every step counts. Keep moving your way!