

# Fitness February – Wellbeing Calendar

Try to aim to do at least 5 of the ideas on the calendar!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1</b> Do 10 press ups 	<b>2</b> Go for a walk – this will help mindfulness	<b>3</b> Do a plank for 60 seconds 
<b>4</b> Try a new gym class 	<b>5</b> Do 30 sit ups	<b>6</b> Do 30 squats 	<b>7</b> Go for a run! Either push your distance further or try for the first time!	<b>8</b> Go for an evening stroll 	<b>9</b> Try a new fitness class with a friend	<b>10</b> Do 10 press ups 
<b>11</b> Do 30 sit ups	<b>12</b> Do a plank for 60 seconds 	<b>13</b> Try a new piece of equipment in the gym	<b>14</b> Arrange a catch up walk 	<b>15</b> Do 10 weighted squats (use a bag of sugar if no weights!)	<b>16</b> Try a new exercise class 	<b>17</b> Do a long walk, somewhere you haven't been a while 
<b>18</b> Do 50 star jumps 	<b>19</b> Do 10 press ups	<b>20</b> Do 5 intervals of hill sprints 	<b>21</b> Try to push your run further!	<b>22</b> Do 30 sit ups 	<b>23</b> Do a plank for 60 seconds ... 5 times!	<b>24</b> Try a new fitness class with a friend 
<b>25</b> Go for an evening walk 	<b>26</b> Do 100 star jumps	<b>27</b> Try a new piece of equipment at the gym 	<b>28</b> Choose your favourite exercise!			