



# Merry Fitness

Level 1: 15-19 days  
Level 2: 20-24 days  
Level 3: 25-31 days

# December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	01 25 passes with a ball (with feet or hands)	02 10 minute walk outside	03 Dance with your family to your favourite song!
04 Wheelbarrow race!	05 Play follow the leader (hop, skip, crawl, jump, plank)	06 25 Jumping Jacks	07 Crab race!	08 10 minute walk outside	09 Dance with your family to your favourite song!	10 Wheelbarrow race!
11 Play follow the leader (hop, skip, crawl, jump, plank)	12 25 Jumping Jacks	13 Crab race!	14 25 passes with a ball (with feet or hands)	15 Dance with your family to your favourite song!	16 Wheelbarrow race!	17 Play follow the leader (hop, skip, crawl, jump, plank)
18 25 Jumping Jacks	19 Crab race!	20 25 passes with a ball (with feet or hands)	21 10 minute walk outside	22 Wheelbarrow race!	23 Play follow the leader (hop, skip, crawl, jump, plank)	24 25 Jumping Jacks
25 Crab race!	26 25 passes with a ball (with feet or hands)	27 10 minute walk outside	28 Dance with your family to your favourite song!	29 Play follow the leader (hop, skip, crawl, jump, plank)	30 25 Jumping Jacks	31 Crab race!
01	02	03	04	05	06	07

Bouge en Cube will present Twin Oaks families with monthly calendar challenges.

**Merry Fitness:** A way to get the entire family moving throughout the month of December. Each day has a different physical activity for parents and children to complete together!

Print the calendar and initial the days that you participate...

Level 1: 15-19 days  
Level 2: 20-24 days  
Level 3: 25-31 days

Throughout the month, send Ms. Suzie ([stepperman@swlauriersb.qc.ca](mailto:stepperman@swlauriersb.qc.ca)) a picture of your family participating so that you can be a part of our monthly mural!