



Holiday Survival Fitness for the Family

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
Sit Up Contest	Take turns doing Squats	Make a healthy dinner	Have a jumping jacks contest	Lunge walk through the House		Eat Smart Move More Don't Gain
					Join the Y	Work out Together!

Holiday Survival Fitness for the Family

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Avoid Holiday Weight Gain					
3 Crank the music and Dance	4 Make Frozen banana Pops	5 Dance to your favorite Christmas song	6 Make a Healthy Dinner Together	7 Sit Up Contest!	8 Rest and watch a Christmas movie	9 Plank Contest
10 Play a game of Balloon Volleyball	11 Make Banana Smoothies!	12 Push UP contest!	13 Take turns doing squats	14 Rest and look at Christmas lights	15 Burpee Contest	16 Stretch Together!
17 Try some Yoga Poses	18 Make a Green Smoothie	19 Bicep Curls contest	20 Cook a meal with lots of veggies	21 Lunge walk through the House	22 swim at the YMCA	23 Rest Day Read a Christmas story
24 Make a healthy Santa Snack	25 Sit up after each gift	26 Push up or sit up contest	27 Make a healthy breakfast	28 Crank the music and DANCE	29 Walk for 30 minutes	30 Jumping Jacks
31 Plank Contest						



Eat Smart, Maintain, Move More... don't gain!