

MOVE IT MONTH

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JUNE

	1 1 long walk	2 2 friends moving with you	3 3 burpees	4 4 new dance moves	5 5k training for the 5k on the 8th!	6 6 glasses of water
7 7 pushups	8 8 minutes of dancing after you finish your GEMS 5k!	9 9 toe touches	10 10 jumps with a jump rope	11 11 deep breaths	12 12 minutes of jogging	13 13 flutter kicks
14 14 mountain climbers	15 15 high knees	16 16 minutes of swimming or biking	17 17 chair dips	18 18 minutes of moving while you watch TV	19 19 arm circles	20 20 squats
21 21 calf raises	22 22 minutes of hiking	23 23-second wall sit	24 24 hours of eating all your fruits and veggies	25 25 minutes of stretching	26 26 minutes playing your favorite sport	27 27-second long plank
28 28 lunges	29 29 jumping jacks	30 30 crunches				

GEMS go
♥ ON THE
GEMSONTHEGO.ORG