

APRIL - Athlete Calendar - Stay Active						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30th	31st	1st	2nd	3rd	4th	5th
Organize your bedroom	Organize your dresser	Donate clothes you don't wear	Clean or organize fridge of expired items	Clean or organize kitchen cupboards	Clean or organize kitchen drawers	Phone friends to say hi, how are you
Go for a walk - 20 minutes	10 Lunges on each leg	Flutter Kick for 30 seconds	Out Squat Jumps for 30 seconds	Wall Sit for 30 seconds	Triceps Dip for 30 seconds	5 Bird Dogs each side
Bear Crawl for 30 seconds	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day
Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day
https://www.youtube.com/watch?v=DoEmR3nwGxk	https://www.youtube.com/watch?v=whwwIax9F	https://www.youtube.com/watch?v=ZAf8zmT	https://www.youtube.com/watch?v=	https://www.youtube.com/watch?v=cdp	https://www.youtube.com/watch?v=7azSc	https://www.youtube.com/watch?v=wiFNA3sqjCA
6th	7th	8th	9th	10th	11th	12th
Vacuum	Dust	Clean phone of unused apps	Find a free exercise app to use	Sweep kitchen floor and bathroom floor	Wash kitchen floor	Phone friends to say hi, how are you
Go for a walk - 20 minutes	5 Single leg deadlifts on each leg	Plank for 30 seconds	Toe taps for 30 seconds	5 Prone Walkouts	10 Pushups	10 Sit ups
10 Jump Squats	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day
Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day
https://www.youtube.com/watch?v=Azi5kCzDcc	https://www.youtube.com/watch?v=sIhtag-dB2v	https://www.youtube.com/watch?v=pvjjsG5S	https://www.youtube.com/watch?v=	https://www.youtube.com/watch?v=FW	https://www.youtube.com/watch?v=U2i5Ib	https://www.youtube.com/watch?v=onaQ0v_J5uU
13th	14th	15th	16th	17th	18th	19th
Clean or organize the living room	Clean out a closet	Congratulations!	Do something you wanted to get done in your house	Clean out your wallet or purse	Clean or organize bathroom	Phone friends to say hi, how are you
Go for a walk - 20 minutes		Look how much you've done.				
Mountain Climbers for 30 seconds	10 Squats	Bicycle for 30 seconds	ernating Step Ups for 30 seconds	5 Burpees	5 Shoulder Taps each side	Side Plank each side for 15-30seconds
Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day
https://www.youtube.com/watch?v=WHtsUjji2YY	https://www.youtube.com/watch?v=m0GcZ24pf	https://www.youtube.com/watch?v=9FGijxCh	https://www.youtube.com/watch?v=	https://www.youtube.com/watch?v=dZg	https://www.youtube.com/watch?v=LEZq7	https://www.youtube.com/watch?v=N_s9em1xTqU
20th	21st	22nd	23rd	24th	25th	26th
Go through your personal hygiene items	Clean or organize kitchen counter	Sweep kitchen floor and bathroom floor	Wash Kitchen Floor	Wash Bathroom Floor	Vacuum	Phone friends to say hi, how are you
Go for a walk - 20 minutes	10 Calf Raises on each leg	Sprinter Sit Ups for 30 seconds	High Knees for 30 seconds	5 Lateral Lunges on each leg	5 Triceps Pushup	Dead Bug for 30 seconds
Inchworm 30 seconds	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day
Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day
https://www.youtube.com/watch?v=XFkK5X8hKB0	https://www.youtube.com/watch?v=XRLnLqmU	https://www.youtube.com/watch?v=j-iOwaph	https://www.youtube.com/watch?v=	https://www.youtube.com/watch?v=YnS	https://www.youtube.com/watch?v=hfIQ5v	https://www.youtube.com/watch?v=g_BYB0R-4Ws
27th	28th	29th	30th			
Dust	Clean your car or parents car	Play a game (if you can)	Go through papers laying around			
Go for a walk - 20 minutes	10 Tuck Jumps	Superman for 30 seconds	Dance for 10 minutes			
Jumping Jacks for 30 seconds	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day			
Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day	Do this 3 times during the day			
https://www.youtube.com/watch?v=5g1T-f07kM	https://www.youtube.com/watch?v=4s4B0sKaw	https://www.youtube.com/watch?v=J9zXkxU	Put on your favourite playlist and bust out some moves!			