



DECEMBER CHALLENGE: WEEKS 1&2



CHECK THE BOX ONCE YOU COMPLETED THE ACTIVITY.
YOU CAN ALWAYS DO 2 ACTIVITIES ON ONE DAY IF YOU MISS A DAY.
SEE IF YOU CAN CHECK OFF ALL THE BOXES!

STRIDE SUNDAY

MINDFULNESS MONDAY

TRAINING TUESDAY

WELLNESS WEDNESDAY

TURN IT UP THURSDAY

FEEL GOOD FRIDAY

SPORTS SATURDAY



12/1

1 Invite

Invite 1 person to do this challenge with you!

Who did you invite?

BONUS:
Live Fitness Class
Zoom at 7PM

12/2

2 Goals

Set 2 goals you would like to reach by the end of the month.

Write your goals at the bottom of this page.

12/3

3 Favorite Exercises

Think of your 3 favorite exercises. Do each 10 times.

NATIONAL DISABILITY DAY

12/4

4 Minute Dance Party

Dance it out for 4 minutes to your favorite song with one other person in your household. If no one is around, call a friend!

12/5

Meet a Goal 5 Times

Pick a fitness exercise or sports skill you have been working on. Try to do it 5 times. Examples: making a basket or goal; doing curl ups

12/6

6 Ice Loops

Find a loop in your neighborhood or a track. Walk/run around it 6 times. You can break this up throughout the day.

12/7

7 Strong Breaths

Do the Strong Breathing exercise 7 times right before bed.

BONUS: Check in with the person you invited to do the challenge. How are they doing?

12/8

8 Push Ups

Think of 3 people you haven't talked to in awhile. For each person you think of do 8 push-ups. Then go ahead and give them a call.

BONUS:
Live Fitness Class
Zoom at 7PM

12/9

9 Healthy Foods

Think of 9 healthy foods. Which are your favorites? Eat 3 of them today if you can.

Examples: fruits, veggies, trail mix, popcorn.

12/10

10 sec. Ice Holds

Hold the plank exercise or chair hold for 10 seconds. Do that 3 times.

HANUKKAH BEGINS

12/11

11 Minutes of Sunshine

Spend 11 minutes outside if you are able and the weather is nice. You could do yard work, chat with your neighbor, anything to get some sun!

12/12

12 Minute Ice Skaters

What's more winter than ice skating?! You don't need ice for this exercise though. Try doing skaters for 12 minutes. Can't do skaters? Try leg raises instead.

GOALS FOR THIS MONTH:

YOUR NAME

LOCAL PROGRAM/COUNTY



DECEMBER CHALLENGE: WEEKS 3&4



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STRIDE SUNDAY

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SPORTS SATURDAY

 12/13


13 Beautiful Things

Take a walk outside or inside. Invite someone you live with or call a friend. Tell them **13** things you liked about your walk. These can be things you saw, smelled, heard, or felt.

 12/14

14 Minutes of Peace


Spend **14** minutes in the morning doing the sun salutation pose as many times as you can.

 12/15

15 Jumping Jacks

Do **15** jumping jacks or arm raises. Rest. Do that 3 times.


BONUS:
Live Fitness Class Zoom at 7PM

 12/16

16 oz of Winter Water


Drink 5 bottles of water today. Most water bottles are **16** oz! Add mint to give it a winter flavor!

Tip: Try using a refillable water bottle.

 12/17

17 Overhead Presses

Do **17** overhead presses with small weights, a resistance band or just using your hands. Rest. Do that 3 times.

 12/18


18 Minutes of "You" Time

Spend (at least) **18** minutes doing an activity that makes you feel good. Examples: drawing, working out, talking to a friend

 12/19


1997: Start of Healthy Athletes

Healthy Athletes started in **1997**. Practice your favorite sport for **19** minutes to be a Healthy Athlete! Don't have equipment? Use household items.

 12/20

20 Olympic Sports

SONC offers **20** sports. How many do you play? That is the number of miles you should walk/run today. You can break your miles up throughout the day.

 12/21

Countdown to 2021


2021 is 11 days away. Reflect on this year and think of some goals for yourself in the new year. Ask a friend to do the same. Talk about your goals together.

 12/22

22 Calf Raises with Your Meals


Do **22** calf raises at breakfast, lunch, and dinner.

BONUS:
Live Fitness Class Zoom at 7PM

 12/23

23 Seconds of Winter Suds


While you wash your hands think of **23** things that remind you of winter! Remember to wash your hands for **23** seconds to prevent spread of germs.

 12/24

24 Seconds of Side Hops

Do side-to-side hops or arm swings for **24** seconds. Rest. Do that 3 times.


BONUS: Check in with the person you invited to do the challenge. How are they doing?

 12/25

25 Reasons to be Thankful

Tell 5 different people 5 reasons why you are thankful for them. This will equal **25** reasons to be thankful.

CHRISTMAS

 12/26

26 Second Ski Slopes

Grab two books and put them on the floor. Put one foot on each and shuffle your feet forward to the end of the room. How far can you get in **26** seconds?

KWANZAA

GOALS CHECK IN FOR THIS MONTH- HOW ARE YOU DOING? (CIRCLE ONE)

 GREAT! I'M ON TRACK TO REACH MY GOALS!

 OKAY. I PLAN TO TRY REACHING MY GOALS.

 I HAVEN'T SET MY GOALS YET.

YOUR NAME _____

LOCAL PROGRAM/COUNTY _____



DECEMBER CHALLENGE: WEEK 5



CHECK THE BOX ONCE YOU COMPLETED THE ACTIVITY.
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STRIDE
SUNDAY

MINDFULNESS
MONDAY


TRAINING
TUESDAY

WELLNESS
WEDNESDAY


TURN IT UP
THURSDAY

FEEL GOOD
FRIDAY

SPORTS
SATURDAY


 12/27

27 Minute Stride
Instead of doing one long workout each day, you can do a few short ones! Take a 9 minute walk/run after breakfast, lunch, and dinner. This will spread 27 minutes of exercise throughout your day.

 12/28


28 Second Poses
Think of 3 stretches or yoga poses. Hold each for 28 seconds while practicing Strong Breathing.

BONUS: Complete the goal check in below.


 12/29

29 Squats
Do 29 squats or chair push-ups. Rest. Do that 3 times.

BONUS: Live Fitness Class Zoom at 7PM

 12/30

30 SPF Sunscreen
It's important to wear sunscreen when we're outside, even in the winter! Enjoy some time outside today and remember to wear 30 SPF sunscreen.

 12/31

Celebrate!
Put on your favorite music and dance for 31 minutes to celebrate the New Year!

Bonus: Invite someone you live with to join your dance or call/video chat someone.

NEW YEARS EVE



GOALS CHECK IN FOR THIS MONTH- HOW DID YOU DO? (CIRCLE ONE)

 **GREAT! I REACHED MY GOALS!**

 **OKAY. I WILL KEEP TRYING TO REACH MY GOALS.**

 **I NEVER SET GOALS.**

WHAT'S NEXT?!
You are automatically registered for the January Challenge!
We will email you the January tracker and challenge information.

TURN IN YOUR FULL TRACKER TO SPORTS@SONC.NET FOR A PRIZE!

YOUR NAME: _____

STREET ADDRESS: _____
(NO P.O. BOXES)

CITY, STATE, ZIP CODE: _____

DECEMBER CHALLENGE: ACTIVITIES

BELOW ARE HOW TO'S FOR JUST A COUPLE OF THE ACTIVITIES FOUND IN THIS CHALLENGE.
IF YOU PARTICIPATED IN PARTNER UP POWER UP THEN YOU CAN FIND MOST OF THE EXERCISES IN THAT BOOK!

STRONG BREATHING - FOUND ON DEC. 7 & DEC. 28

Deep breathing can be used anytime and anywhere to help you feel better when you are nervous or stressed.

Let's practice:

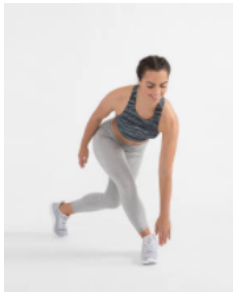
- Close your eyes
- Breathe in for 3 seconds
- Hold your breath for 3 seconds
- Breathe out for 3 seconds
- Repeat 4 more times
- Use the triangle below to help guide you.



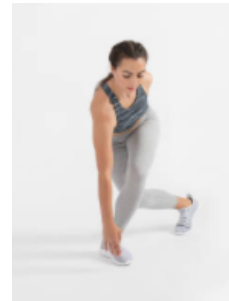
SKATERS - FOUND ON DEC. 12

Try out this exercise for 12 minutes!

Let's practice:



- Start standing with your legs hip-width apart.
- Bend your right leg behind your left leg like you're doing a curtsy. Maintain weight and balance on the supporting leg (left leg).
- As you exhale, simultaneously swing your arms out and step to the other side.



- Shift your weight to your right leg and place your left leg behind you.
- Repeat this side-to-side motion, transferring your weight each time. Continue to alternate the arms and legs as you shift side to side in the skating motion.
- Take it slow until you have the motion and balance down. You can then try to go a little faster if you feel comfortable.