

WEEK #4 TRACKER

Name: _____ Team/School: _____

March 23

March 24

March 25

March 26

March 27

March 28

March 29

Check off each day you are active in the boxes below. Any activity counts!



Training Tuesday

Wellness Wednesday

Turn It Up Thursday

Feel Good Friday

Strength Saturday

Stride Sunday

Mindfulness Monday

SONC Activity

Today is all about **building those arm muscles!**



Let's hear your **handwashing singing voice!**
What song did you sing?



Get your dance on!



Every time **you reach, you stretch.**



Get schooled on **strength!**



Gearing up to **go the distance!**



Let's think positive thoughts!



Did you do something different? Write it here.

Did you Power Up by remembering to wash your hands?

Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



Week #4 Power Up: Healthy Hand Hygiene

Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria. It is the best way to stop germs from spreading!

Every day this week (and every day after), remember to wash your hands:

- After using the toilet
- After your sports practice
- After playing with animals
- Before preparing, touching or eating food
- After coughing, sneezing or blowing your nose
- Regularly throughout the day, especially after going outside your home



**How long should you wash your hands?
You should wash your hands for at least 20
seconds to get rid of germs!**

March 23: Training Tuesday

Let's work on throwing today! There are so many sports, including field events, that involve throwing.

1



Let's
warm up!

Exercise	How many/how long to do	Page # for instructions
Jumping Jacks	30 seconds	14
Jog in Place	30 seconds	23
Arm Circles	30 seconds	23

2

Rest for 30 seconds, then get water. Repeat 2 more times.

Let's get
strong!

Exercise	How many/how long to do	Page # for instructions
Push-Ups	15 times	6
Overhead Press	15 times	27
Alternating Bicep Curls	20 times 	<ul style="list-style-type: none"> Stand or sit tall with your arms down by your sides. Hold small weights in your hands, or place a resistance band under one or both feet. Bring one hand to your shoulder. Hold for one second. Slowly let your hand return to the starting position. Repeat with the other arm.
Shoulder Shrugs	20 times 	<ul style="list-style-type: none"> Stand or sit tall with your arms down by your side. Hold small weights in your hands. Bring (or shrug) your shoulders up towards your ears. Hold for one second. Slowly let your shoulders return to the starting position. Start with 2-5lb weights and increase if that feels easy. If you do not have weights, you can use full water bottles instead.

Rest for 30 seconds, then get water. Repeat 2 more times.

**March 23:
Training Tuesday
(continued)**

Did you know that the motion to do the shot put is to push it rather than throw it? Try it at home with a softball and an open space.

Let's stretch it out!

3 Cross-Body Shoulder Stretch: Hold for 30 seconds

- Cross your left arm across your chest with your elbow slightly bent.
- Place your right hand on the back of your left arm just above the elbow.
- Gently pull your left arm toward your chest, so you feel a stretch. Repeat with your right arm.



**4 Chest Stretch:
Hold for 30 seconds**

Instructions on page 8



**5 Triceps Stretch:
Hold for 30 seconds**

Instructions on page 16



**Rest for 30
seconds.
Repeat 3 more
times.**

Time to work on our singing voice while washing our hands for 20 seconds!



- Every time you wash your hands, sing “Happy Birthday” twice **OR** the Alphabet song once to get through 20 seconds.
- Do this throughout the day and week. Go ahead and switch the song to one of your favorites once you get the feel for how long 20 seconds lasts.
- Record a video of you singing “Happy Birthday” or your favorite song while washing your hands and share it with the Facebook group or your partner!

What song did you sing? Write it on your tracker.

March 25: Turn It Up Thursday

Dance Workout! Today, we're going to add some of the exercises we've learned into a dance. It's all about moving with the music!

- Pick out four of your favorite upbeat songs.
- Start dancing along, moving your body with the music.
- Every time you get to the chorus (the part of the song that repeats), start doing:

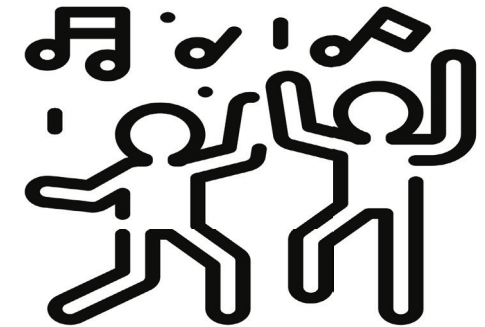
Song 1: shoulder shrugs (instructions on page 34)

Song 2: high knee lifts (instructions on page 15)

Song 3: jumping jacks (instructions on page 14)

Song 4: bicep curls (instructions on page 34)

What 4 songs did you listen to? _____



March 26: Feel Good Friday

Let's make those wrists feel good!
Even your wrists need some stretching!

Every time you reach for these items, do 5 wrist stretches:

(instructions on page 28)

- A drink
- Computer
- Phone
- TV remote



EXTENSION

March 27: Strength Saturday

Working on strength! Don't forget to warm up and cool down!

1

Power Push-Ups: Do 10 times

Instructions on page 6



3 Toe Touches: Do 10 times

- Lie down on your back.
- Extend both your feet and hands straight up to the sky
- Using just your abs, reach your hands to touch your shins or toes.



2

Super Squats: Do 10 times

- Stand tall with your feet as wide as your shoulders.
- Bend your knees and hips. Lower yourself like you're going to sit in a chair. If you want to use a chair, lower until you are seated in the chair. Do not use your hands.
- Now stand up.

Chair modification: Instead of squats, do chair push-ups (instructions on page 6).

Rest for 30 seconds, then get water. Repeat 2 more times.

March 28: Stride Sunday

Let's gear up! Time to get out for a walk or run, whatever works for you!

Grab your roommate, family member, pet or whoever you would like to join you on your walk. Throw on your Power Up or SONC gear and see if you can go a little longer today. To help you reach your mile or step goal, break your day up by going on your walk or run in the morning and later in the day.

Who did you walk with? _____

Stride Goals

Take a picture with your gear on and share it with us!

Beginner Goal: Get 4,000 steps or 2 miles.

Advanced Goal: Get 10,000 steps or 5 miles.

Turn It Up a Notch Goal: Get 12,000 steps or 6 miles.

March 29: Mindfulness Monday

The more you think positive thoughts,
the more you will believe them!

Read each of the positive thoughts below out loud. Pick your favorite or create your own. At the start and end of each meal or snack during your day, repeat that positive thought to yourself.

I am
STRONG

I am
BRAVE

I CAN
do it

Write your own: