

WEEK #8 TRACKER

Name: _____ Team/School: _____

April 20

April 21

April 22

April 23

April 24

April 25

April 26

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

Let's work on getting faster with today's exercises!



Do something creative! What did you do or make?



Try your luck at today's workout!



Today is all about you and what makes you happy!



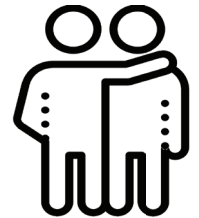
Ignite your endurance with these exercises!



Kick your Stride Sunday up a notch!



Strong Support: who is your biggest support system?



Did you do something different? Write it here.

Did you Power Up by taking 15 minutes of "You Time" every day?

Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



At the end of the week, share your tracker with your teacher/coach.

Week #8 Power Up: 15 Minutes of “You Time”

Setting aside time for yourself every day helps lower stress and improves your mood. Spend 15 minutes when you wake up, right after lunch or before you go to bed to do an activity you enjoy, such as reading a book, deep breathing, light stretching or listening to music. Focus on how good this makes you feel. Try not to watch TV or look at your phone during this time. This will relax your body and mind.



What “You Time” activity did you do?

April 20: Training Tuesday

We are working on getting faster and stronger to build power for running and walking.

First, let's warm up!

1

**Jumping Jacks:
Do for 30 seconds**

Instructions on page 14

2

**Bunny Hops:
Do for 30 seconds**

Instructions on page 24

Take it up a notch: Jump rope for 30 seconds

3

**Arm Circles:
Do for 30 seconds**

Instructions on page 23

4

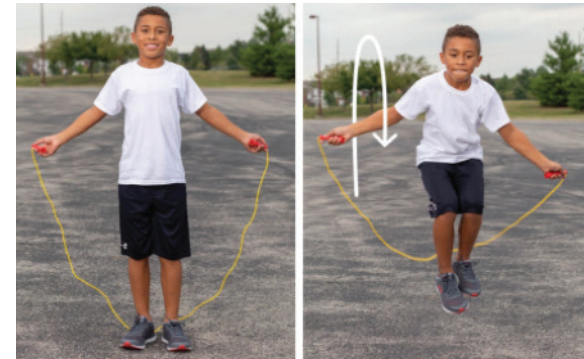
**Butt Kicks:
Do for 30 seconds**

Instructions on page 42

Take it up a notch: Do butt kicks while jumping rope for 30 seconds.

How To and Tips for Jumping Rope:

Instructions on page 14



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

Let's get strong!

5

Bounding in Place: Do 10 times (5 times each leg)

- In this exercise, the goal is not being fast, but it is about getting as high as you can.
- Start with your arms in a runner's stance (bent at the elbow, left elbow pointed down, right elbow pointed up in back).
- While you move your right arm forward and left arm back, lift your left knee as high as you can, hopping onto your right foot.
- Bring your left foot down and right knee up, hopping on your left foot. Your left arm should be in front and your right arm in back.
- Repeat, trying to get as high as you can each time.



Chair modification: Do the same arm motions.

7

Lunge Sprints: Do for 30 seconds each side

- For this exercise, you will start in a lunge position with the right leg in front and left leg in back, instead of being seated. Stay in this lunge position while swinging both arms as instructed.
- Switch legs and complete another round.
- **See a video here:** <https://bit.ly/38k0sUj>



Chair modification: Seated sprinting arm action instructions on page 15.

6

Burpees: Do 10 times

- Squat down. Touch the floor with your hands just outside of your feet.
- Jump or step your legs back behind you and get into a push-up position.
- Jump or step your feet forward to get back to the squatting position.
- Jump high into the air with your arms above your head. Bend your knees slightly when you land.



Chair modification: Do the same arm motions.

8

Lunge Split Jump: Do 10 times (5 times each leg)

- Start in a lunge position with the right leg in front and left leg in back.
- Bend both knees and use your arms and jump from the lunge into the air and switch legs and land in a lunge position, so that the left leg is now in front and right leg is in back.
- **See a video here:** <https://bit.ly/35iDn2a>



Chair modification: Jump Rope "Figure 8" for 20 seconds. Hold both ends of the jump rope with both hands. Sit up tall in your chair and swing jump rope from side to side, making a figure 8 with the jump rope.

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

Let's cool down!



9

Knee to Chest:
Hold for 15 seconds each leg

Instructions on page 16



10

**Cross-Body
Shoulder Stretch:**
Hold for 15 seconds each side

Instructions on page 35



Fast Stretching Facts:

Rather than trying to have the flexibility of a dancer or gymnast, focus on having equal flexibility side to side (especially if you have a history of a previous injury). Flexibility that is not equal on both sides may be a risk factor for injury.
- Mayo Clinic

11

Triceps Stretch:
Hold for 15 seconds each side

Instructions on page 8



12

Quadricep Stretch:
Hold for 15 seconds each leg

Instructions on page 25

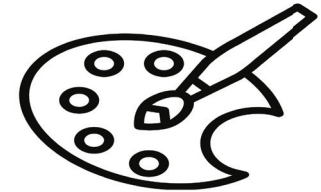


Rest for 30 seconds. Repeat 2 more times.

April 21: Wellness Wednesday

Get those creative juices flowing!

Do Something Creative: Creating something is a good way to express yourself and can make you feel good. You can paint a picture, draw a picture, write a story or poem, build something, write a song, play an instrument or make up a dance. Create whatever you want!



Share what you've made with someone else or you can share a photo or video with us on the Facebook group.

April 22: Turn It Up Thursday

The Workout of Chance: Let's roll the dice and see how our workout will turn out today!

What you need:

- One die from a pair of dice – you don't need to roll both dice (if you don't have dice, you can download a dice app on your phone or write 1 – 6 on pieces of paper and pick the numbers out of a hat)
- Your water bottle

	Roll Order	Exercise for Rolling a 1 or 2	Exercise for Rolling a 3 or 4	Exercise for Rolling a 5 or 6
Let's warm up! Do each exercise you roll for 30 seconds!	1st	Arm Circles (page 23)	Jog in Place (page 23)	Jumping Jacks (page 14)
	2nd	Windmills (page 23)	Quick Punches (page 42)	Butt Kicks (page 42)
	3rd	Jog in Place (page 23)	Arm Circles (page 23)	Jumping Ts (page 51)
Rest for 30 seconds and drink water. Repeat 1 more time.				
Let's get strong! Do each exercise you roll for 40 seconds!	4th	Overhead Press (page 27)	Push-Ups (page 6)	Lunges (page 24)
	5th	Single-Leg Balance (page 7)	Bunny Hops (page 24)	Knee Pull-Ins (page 27)
	6th	Reverse Lunge to Hop (page 43)	Overhead Press w/ Resistance Band (page 27)	Push-Ups (page 6)
	7th	Bicep Curls (page 34)	Russian Twists (page 24)	Toe Touches (page 38)
Rest for 30 seconds and drink water. Repeat 2 more times.				
Stretch it out! Hold each stretch you roll for 30 seconds!	8th	Butterfly Stretch (page 28)	Crossed Leg Hip Stretch (page 28)	Cross-Body Shoulder Stretch (page 35)
	9th	Knee to Chest Stretch (page 16)	Triceps Stretch (page 8)	Crossed Leg Hip Stretch (page 28)
	10th	Crossed Leg Hip Stretch (page 28)	Knee to Chest Stretch (page 16)	Triceps Stretch (page 8)

Turn It Up Advanced Option: Try to do every exercise on this list. Remember to rest and get water!

April 23: Feel Good Friday

For this Feel Good Friday, you get to choose your 3 of your favorite stretches or activities to do today. You will do 1 in the morning, 1 at lunchtime and 1 right before you go to bed. Spend at least 5 minutes doing each stretch or activity, that will give you 15 minutes of “You Time.”

Time of Day	What Activity/Stretch Did You Do?
Morning	
Lunchtime	
Bedtime	

April 24: Strength Saturday

Let’s work on igniting our endurance to boost our strength with these exercises! Don’t forget to warm up and cool down (you can follow Tuesday’s warm up and cool down).

1. Mountain Climbers: do for 1 minute

- Start in a push-up position with your left leg in front so that your foot is on the floor under your chest.
- Keep your hands down on the ground. Jump or step with your legs and switch your feet so that your right leg is in front.
- Jump or step with your legs again and switch your feet so that your left leg is in front. Continue jumping and switching as fast as you can. See image to the right.

Chair modification: Do the chair modification for the march & arm swings. Amp it up by adding weight (instructions on page 14).

2. Victory Laps: do for 1 minute

- Otherwise known as jogging in place (instructions on page 23).

3. Jumped-Up Jacks – do for 1 minute

- 30 seconds of jumping jacks (instructions on page 14).
- 30 seconds of jump roping (instructions on page 68).



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

April 25: Stride Sunday

Today, we're going to take our walk or run up a notch by adding in exercises. Remember you can split this up throughout the day if you can't do it all at once.

See if you can follow these steps on your walks or runs. It's okay if you can't do it all; we'll keep working on it!



Jack It Up:
Before you start your walk or run, first, do 2 sets of 10 jumping jacks.



Drink water!

Speed It Up:
Start your walk or run and see if you can go a little further than last Sunday.

Drink water!

Touch It Up:
When you are finished with your walk or run, see if you can do 2 sets of 10 toe touches.

Drink water!

Stretch It Out: Don't forget to cool down and stretch out those muscles.

Stride Goals

Beginner Goal: Beat your miles/steps from last Sunday!

Advanced Goal: Beat your miles/steps from last Sunday!

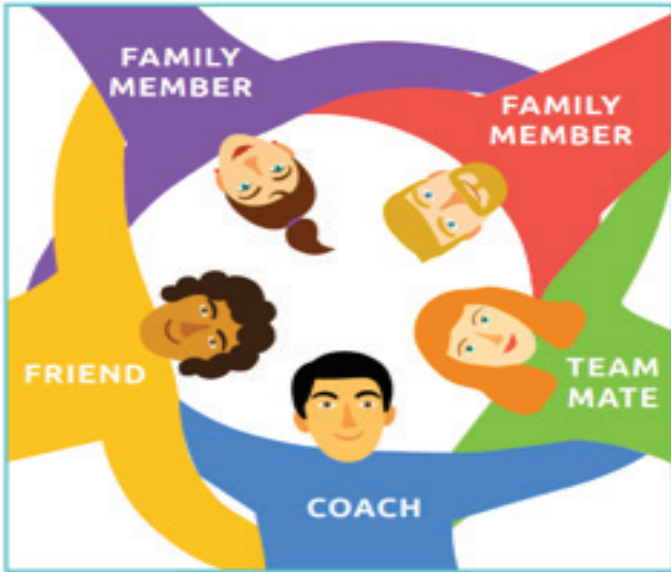
Turn It Up a Notch Goal: Beat your miles/steps from last Sunday!



April 26: Mindfulness Monday

Kindness has health benefits and makes the world a less stressful place. Identify people who have been kind and supported you or that you support.

Who makes you feel happy and strong? Circle them in the image below.



Who else supports you? _____

How do you support others? _____

There are many ways to support others. Today, pick 2-3 ways below to show kindness to others. You can pick from the choices or write down your own.

- Family Members: Help someone in your family
- Partner: Cheer on your partner
- Friend: Write a nice note to a friend
- Coach: Write a "thank you" note to your coach

- _____
- _____
- _____