

# 17 DAYS OF FITNESS



**Directions:** Cut the squares and draw one each day or cross off each activity as you complete them.



## Reach for the stars!

Stretch all your muscles for 17 minutes.

## Jump start your day!

Jump in the air 17 times or do 17 jumping jacks, 3 times.

## You're going to make a difference!

Do this yoga dance video!  
<https://www.youtube.com/watch?v=oDPOHMFcFsA>



## Be a good sport!

Spend 30 minutes playing your favorite sport.

## You can do anything!

Do whatever workout you love to do today.

## You Rock!

Do 17 squats, rest for a short time, then do 17 more.

## Let's see your dance moves!

Time to dance:  
<https://www.youtube.com/watch?v=0hQt0LWedrl>

**Don't forget a healthy snack and hydrate every day!**

## Be a trailblazer!

Go on a walk, hike, jog or bike ride.

## Kick it up a notch!

Check out this 17-minute kick boxing video!  
<https://www.youtube.com/watch?app=desktop&v=2mNtp0bc6NI>

## We are on your side!

Do 17 side leg lifts on each side.

## Let's get physical!

Get in some cardio by playing a game with friends or family in the yard!

## Strong core, strong hugs:

17 leg lifts, 11 crunches, 2 sit-ups and repeat.

## Step up the game!

17 minutes of walking or jogging your favorite route.

## Count your blessings!

Do this fun counting to 100 exercise video:  
<https://www.youtube.com/watch?v=CmbKfkoGNIO>

## Sit-up and be counted!

17 sit-ups!  
Repeat for a challenge.

## We got your back!

Get in some cardio by playing a game with friends or family in the yard!

## Keep an eye on the prize!

Do a dance workout to the song Eye of the Tiger

