

August - Athlete Calendar - Stay Active

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1st	2nd
					Create a list of goals for August	Have a picnic in the park
					10 Jump Squats 10 Pushups High Knees for 30 seconds Do these 3 times during the day	15 Jump Squats 15 Pushups High Knees for 45 seconds Do these 3 times during the day
3rd	4th	5th	6th	7th	8th	9th
Saskatchewan Day Learn something new about Saskatchewan! 20 Jump Squats 20 Pushups High Knees for 60 seconds Do these 3 times during the day	Create your weekly to-do list Go for a walk - 30 minutes Dance for 10 minutes Do this 3 times during the day Put on your favourite playlist and bust out some moves!	Do today's exercise with a friend by videochat 10 Burpees Mountain Climbers for 30 seconds Sprinter Sit Ups for 30 seconds Do these 3 times during the day	Clean and organize the living room 15 Burpees Mountain Climbers for 45 seconds Sprinter Sit Ups for 45 seconds Do these 3 times during the day	Check your weekly to-do list Complete something on the list 20 Burpees Mountain Climbers for 60 seconds Sprinter Sit Ups for 60 seconds Do these 3 times during the day	Share Happiness! #HappinessHappensDay Rest You've earned it!	Clean and organize bathroom 10 squats with bicycle crunch 10 Plank Jacks In Out Squat Jumps for 30 seconds Do these 3 times during the day
10th	11th	12th	13th	14th	15th	16th
Create your weekly to-do list Go for a walk - 30 minutes 15 squats with bicycle crunch 15 Plank Jacks In Out Squat Jumps for 45 seconds Do these 3 times during the day	Dust Vacuum 20 squats with bicycle crunch 20 Plank Jacks In Out Squat Jumps for 60 seconds Do these 3 times during the day	Congratulations! Look how much you've done. Dance for 10 minutes Do this 3 times during the day Put on your favourite playlist and bust out some moves!	Clean and organize kitchen counter 20 Jump Squats 20 Pushups High Knees for 60 seconds Do these 3 times during the day	Check your list of goals for June Share a success with SOS 25 Jump Squats 25 Pushups High Knees for 75 seconds Do these 3 times during the day	Take a deep breath and unwind! #NationalRelaxationDay 30 Jump Squats 30 Pushups High Knees for 90 seconds Do these 3 times during the day	Share Laughter! #TellAJokeDay Rest You've earned it!
17th	18th	19th	20th	21st	22nd	23rd
Create your weekly to-do list Go for a walk - 30 minutes 20 Burpees Mountain Climbers for 60 seconds Sprinter Sit Ups for 60 seconds Do these 3 times during the day	Cut the grass or weed the garden 25 Burpees Mountain Climbers for 75 seconds Sprinter Sit Ups for 75 seconds Do these 3 times during the day	Play a game 30 Burpees Mountain Climbers for 90 seconds Sprinter Sit Ups for 90 seconds Do these 3 times during the day	Dig out the sprinkler, slip n slide, etc. Turn your yard into a waterpark! Dance for 10 minutes Do this 3 times during the day Put on your favourite playlist and bust out some moves!	Check your weekly to-do list Complete something on the list 20 squats with bicycle crunch 20 Plank Jacks In Out Squat Jumps for 60 seconds Do these 3 times during the day	Sweep and wash bathroom floor(s) 25 squats with bicycle crunch 25 Plank Jacks In Out Squat Jumps for 75 seconds Do these 3 times during the day	Stargaze while laying in the grass 30 squats with bicycle crunch 30 Plank Jacks In Out Squat Jumps for 90 seconds Do these 3 times during the day
24th	25th	26th	27th	28th	29th	30th
Create your weekly to-do list Go for a walk - 30 minutes Rest You've earned it!	Clean and organize your bedroom 30 Jump Squats 30 Pushups High Knees for 90 seconds Do these 3 times during the day	Go for a walk with a dog! #NationalDogDay 30 Burpees Mountain Climbers for 90 seconds Sprinter Sit Ups for 90 seconds Do these 3 times during the day	Dust Vacuum 30 squats with bicycle crunch 30 Plank Jacks In Out Squat Jumps for 90 seconds Do these 3 times during the day	Check your weekly to-do list Complete something on the list Rest You've earned it!	Sweep and wash kitchen floor 30 squats with bicycle crunch 30 Plank Jacks In Out Squat Jumps for 90 seconds Do these 3 times during the day	Have a lake or beach day! #NationalBeachDay 30 Burpees Mountain Climbers for 90 seconds Sprinter Sit Ups for 90 seconds Do these 3 times during the day
31st						
Phone friends to say hi, how are you 30 Jump Squats 30 Pushups High Knees for 90 seconds Do these 3 times during the day						