**30-day Love your body challenge**

Color in every square you have completed. The class with the most days completed will win a class reward!

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| --- | --- | --- | --- | --- | --- |
| 10 star jumps | Jog on the spot for 2 minutes | 10 squatsA person in black shirt and shorts holding his hands out  Description automatically generated | Try a headstand | 5 push upsA person doing push ups  Description automatically generated | Jump on the spot 20 times |
| Eat vegetables! group of vegetables on a black background | 5 sit ups | Do the yoga tree pose | Squat and jump 5 times | 10 jumping jacks | Balance on one leg for 30 seconds |
| Hop on your right leg as long as you can! | Hop on your left leg as long as you can! | Spin in a circle 10 times | Meditate. Lay down and close your eyes and stay still using big breaths. | Try a backbend | Play outside for 30 minutesA yellow sun with a smile  Description automatically generated |
| Crab walk | 20 lunges | Plank for as long as you can! | Do a cartwheelA silhouette of a person doing a handstand  Description automatically generated | 5 burpees | 20 butt kicks |
| 10 sit ups | Turn on some music and dance! | Do your favorite deep breathing exercise | Drink 4 glasses of water todayA glass of water being poured into a glass  Description automatically generated | Do the yoga child’s pose A group of people doing yoga  Description automatically generated | Run on the spot for 30 seconds |