























JANUARY

GET FIT, PLAY HARD!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Go sledding! 	2 Build a snowman! 	3 Go for a hike! 	4 Have a snowball fight! 	5 Take the stairs! 	6 Ice skate! 	7 Go bowling! 
8 Build a snow fort! 	9 Take a dance class! 	10 Go to the gym! 	11 Play basketball! 	12 Play hockey! 	13 Play snow tag! 	14 Make snow angels! 
15 Have a relay race in the snow with friends!	16 Shovel! 	17 Walk to the library!	18 Push-up or sit-up competition! 	19 Play freeze-tag!	20 Go for a walk! 	21 Visit the zoo! 
22 Go bike riding! 	23 Visit an indoor pool and go swimming!	24 Make an indoor obstacle course!	25 Go bird watching! 	26 Hunt for animal tracks! 	27 Dance to your favorite music! 	28 Walk to a friend's house!
29 Walk your dog or your friend's dog! 	30 Take a Zumba class!	31 Go on a scavenger hunt! 