

[Put a check by each day you complete an activity]

<u>DAY</u>	Walk	SKIP	HOP 4 - change	JUMP	GALLOP	LEAP	SLIDE	MARCH	JOG	CRAWL	ROLL (like a pencil)	Throw & Catch (self) - 50 times	Throw & Catch (partner) - 50 times	Curl-ups	Push-ups	Stretches	Heel-toe Walk	Balancing - 1 or 2 feet (10 sec./each)	Other:
Jan. 1																			
Jan. 2																			
Jan. 3																			
Jan. 4																			
Jan. 5																			
Jan. 6																			
Jan. 7																			
Jan. 8																			
Jan. 9																			
Jan. 10																			
Jan. 11																			
Jan. 12																			
Jan. 13																			
Jan. 14																			
Jan. 15																			
Jan. 16																			
Jan. 17																			
Jan. 18																			
Jan. 19																			
Jan. 20																			
Jan. 21																			
Jan. 22																			
Jan. 23																			
Jan. 24																			
Jan. 25																			
Jan. 26																			
Jan. 27																			
Jan. 28																			
Jan. 29																			
Jan. 30																			
Jan. 31																			

1. Practice your throwing and catching skills - on your own. (Use a rolled up sock) - 3 - 4 times a week

2. Practice your throwing and catching skills - with a partner. (Use a rolled up sock) - 3 - 4 times a week

*** Try to practice each one atleast 3-4 times a week. ***