

JULY 2026

HEALTHY SUMMER CHALLENGE



Have a safe and healthy July!

			WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 Have a family workout.			 Practice yoga at sunrise.
SUNDAY	MONDAY	TUESDAY	1	2	3	4
Create an affirmation jar to collect kind statement to say to yourself.	Rest your mind by doodling or coloring. 	Enjoy a "Living Room Circuit" with 5 rotating exercises.	Touch your toes for 10 seconds.	Walk like a crab across a room. 	Host a scavenger hunt around the house – great for clean-up!	Balance on your left leg for 30 seconds.
5	6	7	8	9	10	11
Play catch. 	Have your favorite healthy meal from June!	Have a healthy picnic in the shade.	Family dance party! 	Create and perform a short song about the importance of sleep.	Do 15 jumping jacks.	Create the "Fitness Alphabet" and assign an exercise to each letter.
12	13	14	15	16	17	18
Build and complete an obstacle course.	Choreograph a new dance.	Learn how to do a cartwheel. 	Stretch as high as you can.	Take turns acting out healthy behaviors, like teeth-brushing.	Take a Zumba dance class. 	Balance on your right leg for 30 seconds.
19	20	21	22	23	24	25
Play tag with siblings of neighbors.	Go for a run. 	Review your affirmation jar, and appreciate yourself!	Write about your favorite healthy meal from June.	Create a bedtime routine for school for next month.	Healthy kid's choice! Re-do your favorite activity from July.	Share your summer with us!
26	27	28	29	30	31	



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