How to complete the challenge:

1. Choose an activity from the list to complete each day! You can do each activity three times.
2. In each box write the number of the completed activity.
3. Have an adult in your household sign your form here: ____________________________

4. Once your challenge is complete, view our Healthy Hoosier Challenge Prizes
5. Print your form OR save it on your tablet/phone and take it to one of our sponsors to receive your prize!

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1. AMRAP
2. Card Fitness
3. Cardio
4. Cardio 2
5. Cardio Dance
6. Circuit Workout
7. Cooking Class with the YMCA
8. Crazy 8’s Circuit
9. Cupid Capacity Dance
10. Endurance EMOM
11. Field (HI)IT
12. Full Body Workout
13. Get Fit with the Indiana Fever
14. HIIT Workout
15. Jump, Jump, Jump
16. Mindful Moment: Breathing
17. Mindful Moment: Gratitude
18. Mindful Moment: Positive Talk
19. Mindful Moment: Senses
20. Run With (HI)IT
21. Sample a new daily workout routine
22. Squat jumps
23. Step Ups
24. Towel Fitness Challenge
25. Try a Tabata Workout
26. Try a Beginner’s Workout
27. Twist and Fold
28. Visit YMCA of Greater Indianapolis-Virtually!
29. Walking and Talking
30. Yoga

SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!

Safety Tips:
1. If exercising outdoors, maintain a 6 foot distance from people that do not live in your household.
2. Make sure you stretch before you begin any exercise routine.
3. Be sure to drink plenty of water!