

Weekly Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

ACTIVITIES TO PICK FROM:

- 10 JUMPING JACKS
- TOUCH YOUR TOES 10 TIMES ON EACH SIDE
- 15 SITUPS
- 15 SIDE STRETCHES ON EACH SIDE
- BEAR CRAWL
- SKIP OUTSIDE
- RAISE EACH ARM 15 TIMES TO THE SIDE
- MARCH IN PLACE 25 TIMES
- WRITE A LETTER
-PRINT FROM WEBSITE AND MAIL TO SOMEONE
- DRAW IN A FACEMASK
-PRINT FROM WEBSITE AND POST ONLINE

#FACEMASKFUNWITH
HAMILTON