



# Health and Fitness 30 Day Challenge Mat



### Fitness Challenge #1

As fast as can perform 25 star jumps, 20 squats, 15 sit ups, 10 press ups. Time it with a stopwatch.

### Fitness Challenge #2

Use a spare toilet roll, hold it in your right hand, throw it against a wall or door and catch it in your left hand 15 times without dropping it. Then do the same throwing and catching with your right hand only, then your left hand only. Use a stopwatch to time

### Fitness Challenge #3

5 Push ups (on your knees is you need), 20 squats (add a jump to make it harder), 10 sit ups, 10 lunges

### Fitness Challenge #4

Use a stopwatch, time how long you can balance on your right leg, then your left leg. BONUS\*\* try with your eyes closed

### Fitness Challenge #5

Use a stopwatch, how long does it take you to do 250 star jumps/jumping jacks?

<b>Health Challenge</b> Pick a meal each day check where it has come from (count the food miles)	<b>Day 1</b> Challenge #1 Time:	<b>Day 2</b> Challenge #2 Time:	<b>Day 3</b> Challenge #3	<b>Day 4</b> Challenge #4 Time:	<b>Day 5</b> Challenge #5 Time:	<b>Day 6</b> Challenge #1 Time:
<b>Health Challenge</b> Try a healthy new food item each day this week	<b>Day 7</b> Challenge #2 Time:	<b>Day 8</b> Challenge #4 Time:	<b>Day 9</b> Challenge #1 Time:	<b>Day 10</b> Challenge #5 Time:	<b>Day 11</b> Challenge #4 Time:	<b>Day 12</b> Challenge #3 <b>(Do it twice)</b>
<b>Health Challenge</b> Write a wellbeing blog each day (make a note of positive things that have happened,, or do something positive for your own wellbeing every day).	<b>Day 13</b> Challenge #5 Time:	<b>Day 14</b> Challenge #4 Time:	<b>Day 15</b> Challenge #2 Time:	<b>Day 16</b> Challenge #3 <b>(Do it three times)</b>	<b>Day 17</b> Challenge #1 Time:	<b>Day 18</b> Challenge #4 Time:
<b>Health Challenge</b> Swap all your unhealthy snacks for a healthy snack for one week.	<b>Day 19</b> Challenge #3 <b>(Do it four times)</b>	<b>Day 20</b> Challenge #1 Time:	<b>Day 21</b> Challenge #5 Time:	<b>Day 22</b> Challenge #4 Time:	<b>Day 23</b> Challenge #1 Time:	<b>Day 24</b> Challenge #2 Time:
<b>Health Challenge</b> Send a positivity post via social media to someone you think may need cheering up.	<b>Day 25</b> Challenge #5 Time:	<b>Day 26</b> Challenge #2 Time:	<b>Day 27</b> Challenge #3	<b>Day 28</b> Challenge #1 Time:	<b>Day 29</b> Challenge #5 Time:	<b>Day 30</b> Challenge #3 <b>(Do it five times)</b>

