










Lockdown Calendar

This calendar is designed to develop both your physical and mental wellbeing. Daily physical activity can improve mental health by increasing self-esteem and helping reduce stress and anxiety. If you monitor how you are feeling over the course of your time not in school, you should see an increase in your physical and mental wellbeing after completing these challenges. I would therefore like you to complete the attached calendar worksheet daily.

Day 1 Reach the recommended amount of 10,000 steps per day	Day 2 Choose 3 Yoga poses and hold each pose for 1 minute 	Day 3 Complete 50 squats today	Day 4 Drink the recommended amount of 2 litres of water a day and why not add some fruit 	Day 5 Complete 30 sit ups today
Day 6 Start your week off with a 30-minute walk 	Day 7 Complete 50 bicep curls using baked bean cans or similar alternatives	Day 8 We are halfway through lockdown take 5 minutes to yourself and participate in deep breathing 	Day 9 Complete 100 star jumps today	Day 10 Finish the week off by climbing 15 flights of stairs 
Day 11 Complete a Joe Wicks Workout on Youtube	Day 12 Make a healthy lunch for yourself today! 	Day 13 How long can you hold the plank for? Let me know! Aim for 1 minute	Day 14 Complete 5 burpees every hour from the moment you wake to when you go to bed 	Day 15 Finish the lockdown calendar with a 3k walk/run



Lockdown Calendar Worksheet

Daily Challenge	Completed (Y/N)	Self-Assessment (Choose One) Love – Like – Okay – More Effort	Notes
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			