



## 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.

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