










Montgomery County
Department of
Health and Human Services

OCTOBER

2020

Directions: Try to complete the activities listed below on any day of the week. Put an "X" over the day you complete the activity.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Dance while dinner is cooking	3
4	5 As a family, do 10 jumping jacks	6 	7	8 Take a family walk after dinner	9	10 
11	12	13	14 Run in place during TV commercials	15 	16	17
18	19 	20 Play hide and seek with your child	21	22 Create an obstacle course with items around your house	23 	24
25 Stretch like a bear when you wake up	26	27 	28 Play "Ring around the Rosie"	29	30	31