

Off the Links
Fitness Activities
and Fitness Log

The activity log gives a chance to record what exercises you do each day throughout the week. Pick two activities from each category and do them throughout the week.

Point

Breakdown:

- 1/2 point per activity completed per day (ie; 1/2 point for completing jumping jacks for one minute straight)
- Maximum number of points per week: 35

Agility and Coordination: incorporate activities that include speed and footwork.

- Jumping Jacks – How many can you do in 1 minute?
- Shuttle Run – Place an object or two 10 – 15 yards away, run to the object, place it down then run back. Time yourself, can you beat your time or add more objects?
- Sprint – Pick a location, run there and back; can be done in a progression from a walk to as fast as you can.
- Line Jumps – Find a line and jump, forward and back, side to side, feet together or feet apart

Balance: focus on body awareness

- Superhero Stunts: Start on your right leg only, fly like Superman or Ironman! What would your favorite superhero look like?
- Stand without your Hands: Begin in a legs crossed seated position, stand without using your hands. Added challenge, sit with your shins to the floor, can you jump up from here?
- Balance Beam – Find (or make) a line; walk heel to toe for ten yards; for an added challenge, walk the line with knees bent and low to the ground
- Inchworm – Start in a standing position, bend down and walk your hands out slowly, then back to standing

Flexibility & Mobility: highlight opportunities to bend, stretch, extend as well as rotate and twist all areas of the body.

- Lunges: Step out with your left leg, bend your Right knee to almost touch the ground, switch legs, either in-place or for ten yards. Add a twist of upper body if you would like.
- Arm Circles & Toe Touches: Arms to a T position rotate arms forward 10 times and then reverse. Reach for your toes with feet together then apart. You can combine the two activities, like a windmill.

Special thanks to First Tee Sandhills for creating and sharing this fitness log!

- Hula Hoop: Keep it moving for 30 seconds to 2 minutes!
- Knee to opposite elbow: Standing or seated; Left to Right 5x then Right to Left 5x. You can even try walking down the hallway!

Object Control: activities incorporate eye coordination.

- Toss and Catch: Throw parent approved objects in the air and then catch them. Start with a short distance and then see how high you can throw and catch without letting it hit the ground. Try different sized objects a tennis ball, bean bag, soccer ball, or even a stuffed animal.
- Dribbling: Find a ball, use your feet or your hands to dribble the ball to, around, or through obstacles. Can you dribble a tennis ball as well as a basketball?
- Racquet or Spoon Challenge: If you have a tennis racquet, or a spoon find an object and see how far you can walk with the object on your racquet without dropping it. (no eggs!)

Strength: activities focus on core and large muscle groups

- Planks – Set a time goal, 30 seconds. On your forearm or straight, or to one -side
- Push-ups – do as many as you can, then add one more for the next day.
- Squats – do as many as you can for 30 seconds
- Walking Lunges – Place an object or two 10 – 15 yards away, do walking lunges down and back between the two objects

Special thanks to First Tee Sandhills for creating and sharing this fitness log!

Fitness Log

Name:				Date:				
<i>Activity Focus</i>	<i>Exercise</i>	<i>Mon</i>	<i>Tues</i>	<i>Weds</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
<i>Agility and Coordination</i>								
<i>Balance</i>								
<i>Flexibility and Mobility</i>								
<i>Object Control</i>								
<i>Strength</i>								

Special thanks to First Tee Sandhills for creating and sharing this fitness log!