

DAILY ACTIVITY

4 cups of fruit



5 minutes of dancing



6 shares for #MoveItMay



7 different leg stretches



8 glasses of water



9 minutes of step-ups



10 minutes of meditation



or 4 cups of
vegetables

or 2 cups of each

**Tag Lincoln High
School Physical
Education
INSTAGRAM Account
IG:LHS_LANCER-PE**

**Feel free to do
the breathing
exercises you
learned in the
earlier
assignments.**

INSTRUCTIONS

FOLLOW THE CALENDAR DAYS

**MAKE YOUR OWN LOG / THE
INFORMATION THAT SHOULD
BE ON THE LOG :**

- THE DAY
- HOW YOU ACHIEVED THAT DAYS
ACTIVITY
- HOW LONG DID THE ACTIITY TAKE

EXAMPLE:

5/4-5/10/20 :

- 5/4: I ate broccoli, strawberries, carrots, banana : at lunch and dinner

Notice: there are 4 servings because it is May 4th

- 5/5: Danced Salsa : for 5 minutes

Notice: you danced for 5 minutes because it was May 5th.

- 5/6: posted 6 pics : one of me working out, one of my walk, one of my sis dancing with my mom, (etc., till you get to six) on social media with the hash tag #moveitmay

Notice: you will share 6 times because it is May 6^h.

See how this works.