

# My PE 2020 Calendar (use link for choices

[https://drive.google.com/drive/folders/0B3Ui\\_sksjnexfjY4VFJ6VUNMdEdSWjIbWFJRUh5RXNXamhmUXhrRndkS0RxRmNLdFVlcU0?usp=sharing](https://drive.google.com/drive/folders/0B3Ui_sksjnexfjY4VFJ6VUNMdEdSWjIbWFJRUh5RXNXamhmUXhrRndkS0RxRmNLdFVlcU0?usp=sharing)) Know that everyday listed is a suggestion, you can adapt for your needs – 30 Minutes minimum per day

| Sunday                      | Monday          | Tuesday                              | Wednesday         | Thursday  | Friday          | Saturday   |
|-----------------------------|-----------------|--------------------------------------|-------------------|---|-----------------|--|
| <b>Mission Possible Day</b> | <b>Yoga Day</b> | <b>Challenge a Family Member Day</b> | <b>Bingo Day!</b> | <b>Fitness Challenge Day (pick a fitness activity from suggestions)</b> | <b>Rest Day</b> | <b>Progression Day (pick a progression activity)</b> |
| <b>Mission Possible Day</b> | <b>Yoga Day</b> | <b>Challenge a Family Member Day</b> | <b>Bingo Day!</b> | <b>Fitness Challenge Day (pick a fitness activity from suggestions)</b> | <b>Rest Day</b> | <b>Progression Day (pick a progression activity)</b> |
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