



OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
Complete our activities for each day or come up with your own from the first letter for that day (pto)				Bounce a ball twenty times	Include a twenty minute walk in your day	Swim for twenty minutes
4	5	6	7	8	9	10
Hop on each leg 20 times	Obstacle Course: can you make your own?	Practice a new sport	Gather your friends for a 20 mins (or mile!) bike ride	Run on the spot for twenty seconds, rest for ten, repeat	Over 20 objects while you are outside	Sit ups: twenty times/ reps.
11	12	13	14	15	16	17
Stand up sit down 20 times	Enjoy an activity today	Touch your toes 20 times	Exercise outside for twenty minutes	Step up 20 times	Take a ball and play a game for twenty minutes	Explore a new place to walk today
18	19	20	21	22	23	24
Up steep hill you choose how many times	Net needed you chose which sport	Include an active litter pick - try to pick up at least 20 bits	Volley a ball - make your own game up	Enjoy the local park	Reach above your head and throw a ball	Stretch for twenty mins: legs, arms, back - wherever you need to!
25	26	27	28	29	30	31
Include a walk see how many colours you can count	Try a new sport for twenty minutes	Yoga	Dance to your favourite song	Aim to go outside for twenty minutes today	Y-squats. Today raise your hands in the air to make a Y as you squat (x 20)	Skip with a rope twenty times

5th October share with us your obstacle course to be in with a chance of winning an activity tracker

17th October share with us a picture of somewhere from your new walk to be in with a chance of winning an activity tracker

18th October send in a picture of you completing your

challenge for "U"- winner will receive a pedometer!

27th October "Y" the best suggestion for this day will receive 31 days mindfulness challenge cards.

Day 31 don't forget to send a photo of your completed planner to Leanne.mchugh@bishopg.ac.uk to be in the prize draw for a 7 days BGU Gym pass.

OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
<p>Use this side to come up with your own activities! <i>We are aware that getting active is individual - some of our activities may not be possible.</i> Don't forget to send a photo of your completed planner to Leanne.mchugh@bishopg.ac.uk to be in the prize draw for a 7 days BGU Gym pass.</p>				B	I	S
4	5	6	7	8	9	10
H	O	P	G	R	O	S
11	12	13	14	15	16	17
S	E	T	E	S	T	E
18	19	20	21	22	23	24
U	N	I	V	E	R	S
25	26	27	28	29	30	31
I	T	Y	D	A	Y	S

Special thanks to the 2021 Health and Social Care 3rd Year students for setting the daily challenges.