



# Have a healthy happy holiday with *Girl on the Move*

One healthy activity per day to count you down to  
Christmas! Check off each day as you go!

- |                              |                              |
|------------------------------|------------------------------|
| < > Dec 1 – 15 burpees       | < > Dec 14 – 15 min yoga     |
| < > Dec 2 – Extra veggies    | < > Dec 15 – 30-min walk     |
| < > Dec 3 – 30-min walk      | < > Dec 16 – 30 crunches     |
| < > Dec 4 – 25 squats        | < > Dec 17 – Extra veggies   |
| < > Dec 5 – Extra fruit      | < > Dec 18 – 30-min walk     |
| < > Dec 6 – 30-min walk      | < > Dec 19 – 15 burpees      |
| < > Dec 7 – 15 push ups      | < > Dec 20 – Extra fruit     |
| < > Dec 8 – HIIT workout     | < > Dec 21 – 30-min walk     |
| < > Dec 9 – 30-min walk      | < > Dec 22 – 25 squats       |
| < > Dec 10 - 25 tricep dips  | < > Dec 23 – 8 glasses water |
| < > Dec 11 - 8 glasses water | < > Dec 24 – 30-min walk     |
| < > Dec 12 - 30-min walk     | < > Dec 25 – 15 push ups     |
| < > Dec 13 – 15 lunges/leg   |                              |