
































Can you complete the Chicago Run 10 Day Fitness Challenge? Follow along each day to complete exercise on each day. Have parent or guardian initial that each activity has been completed.

**Key:**

 Running laps inside, outside, or in place

 Chicago Run Fitness videos workout on [www.chicagorun.org/fitness-videos](http://www.chicagorun.org/fitness-videos)

 Running Activity on [www.chicagorun.org/running-activities](http://www.chicagorun.org/running-activities)

Day 1	Day 2	Day 3	Day 4	Day 5
   Walk/Run outside, inside, or in place for 5 minutes	   Complete a Flash Fitness Video	   Play Fitness Uno (Running Activity)	   Try 6 new Yoga Poses, hold each for 1 minute	   Have a 5-minute Dance Party
Day 6	Day 7	Day 8	Day 9	Day 10
   10 Shark Squats between a TV show or video game	   Jump Rope or Star Jumps for 30 seconds, repeat 5 times	   Hopscotch for 8 minutes, Draw with chalk, tape, or use imaginary lines	   Play 1,2,3,4,5 (Running Activity)	   Walk/Run outside, inside, or in place for 10 minutes