

# February 2026 Calendar



Theme: Family Fun Night - Be Active

	Weekly Challenges	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<b>Move Together</b>	02 <u>Active Moves</u>	03 <u>Partner Scarf Toss</u>	04 <u>Wall Sit With Partner</u>	05 <u>Over Under Around through</u>	06 <u>ABC Workout Communication</u>
<b>WEEK 2</b>	<b>Beat Your Score</b>	09 <u>Go Back Hit It On The Spot</u>	10 <u>Dance Follow The Leader</u>	11 <u>Mirror Me</u>	12 <u>Agility Ladder Burst</u>	13 <u>ABC Workout Listening Skills</u>
<b>WEEK 3</b>	<b>Team Hearts</b>	16 <u>Active Pictionary</u>	17 <u>Partner Challenge</u>	18 <u>Traffic On The Spot</u>	19 <u>Plank Tabata</u>	20 <u>ABC Workout Teamwork</u>
<b>WEEK 4</b>	<b>Leadership</b>	23 <u>Memory Add On Challenge</u>	24 <u>Partner Hop</u>	25 <u>Rock Paper Scissors</u>	26 <u>Cardio Tabata</u>	27 <u>ABC Workout Leadership</u>

## How does this work?

-  Click on the activity to see how to perform the exercise.
-  Join the weekly challenge to set and crush your individual physical activity goals.
-  Practice a new Active Burst Monday through Friday.



# February Fitness & Sports Calendar

## Weekly Challenges



### WEEK 1

#### Move Together

This week, challenge your family to move together for at least 10 minutes a day using fun, active games. Choose activities where everyone can play – kids, parents, and even grandparents!

Try games like:

- Solo Cup Cardio Challenge
- Nearest to Farthest Cup Run
- Family Relay Races
- Sock Toss or Balloon

Volleyball

💡 Goal: Get your heart pumping while laughing together.

🚫 Bonus: Phones and tablets stay off during game time!

### WEEK 2

#### Beat your Score

Friendly Competition

Pick one family game and play it all week. Time it, count points, or track how many cups you move or targets you hit.

Ideas:

- Cup Knockdown Challenge
- Shuttle Runs
- Rock-Paper-Scissors Fitness
- Dance Follow the Leader

Each day, try to:

- ✓ Beat yesterday's score
- ✓ Add one new move
- ✓ Invite one more family member to join

💡 Goal: Build heart-healthy habits through play and friendly competition.

### WEEK 3

#### Team Hearts

Work Together

Design a simple family obstacle course using household items. Everyone must complete it, and everyone helps each other succeed.

Include:

- Jumping over pillows
- Crawling under chairs
- Carrying cups or balls
- Tagging teammates

After you play, talk about:

What was fun?

What made your heart beat faster?

Who encouraged you?

💡 Goal: Show kids that teamwork makes movement more fun.

### WEEK 4

#### Leadership

Lead Your Family

Each day, a different family member becomes the Heart Hero and chooses the game or activity.

Their job:

- Pick the game
- Explain the rules
- Make sure everyone plays
- Keep it positive and fun

Activities can include:

- Cup challenges
- Dance parties
- Tabata or ABC workouts
- Outdoor walks or races

💡 Goal: Build confidence while keeping hearts healthy.

Check out the Trainer Hub for more resources

[CLICK HERE](#)