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| October |  |
|  | 2020 |
| Title | Subtitle |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  | Family walk after dinner! 30 Minutes! | Free Play Friday!! Go Outside! |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | Ride bike for 30 minutes! | Cotton Eyed Joe dance:<https://youtu.be/8Ws5k4ZFwv8> | Harry Potter workout:<https://youtu.be/TBGOZlZ2-DY> | Crabbing around:<https://youtu.be/ZUPI8oZz-0w> | Free Play Friday!! Go Outside! |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | Mile Monday! Walk/Run a mile. | 3-minute fitness:<https://youtu.be/_lYdWQFJDus> | Kids yoga dance party:<https://youtu.be/23VdtT0vQUY> | How to Create a healthy plate:<https://youtu.be/Gmh_xMMJ2Pw> | Free Play Friday!! Go Outside! |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | Pacer Test:<https://youtu.be/6z9eA4y6Z5A> | FitnessGram Push Up Cadence:<https://youtu.be/bpfPe5OvSH4> | 5-6-7-8 Dance:<https://youtu.be/dT00lVTDNTY> | Jump Rope for 10 minutes! | Free Play Friday!!Go Outside! |  |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|  | Mile Monday! Walk/Run a mile. | California Strut dance:<https://youtu.be/4VUNZmvTVP4> | Workout Wednesday!<https://youtu.be/3_oIssULEk0> | Ride bike for 30 minutes! | Free Play Friday! Go Outside!  |  |
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