

MOVEMENT SNACKING CALENDAR

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|--|---|--|---|--|--|
| <ul style="list-style-type: none">• Finding Your feet• Resting Monkey | <ul style="list-style-type: none">• Rock Drop• Stick Get Up | <ul style="list-style-type: none">• Figures of 8• Ankle Rocker | <ul style="list-style-type: none">• Duck Walk• Bucket Lift | <ul style="list-style-type: none">• Pogo Jumps• Monkeying Around | <ul style="list-style-type: none">• Hanging Out• Throwing Your Toys | <ul style="list-style-type: none">• Log Baance• One-Leg Reacher |
| DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| <ul style="list-style-type: none">• Extended Pogo• Timber | <ul style="list-style-type: none">• Walk the Plank• Fast Feet | <ul style="list-style-type: none">• Clock• Obstacle Squat | <ul style="list-style-type: none">• One-Leg Rock Drop• Swinging Bag | <ul style="list-style-type: none">• Stick Support• Red Light | <ul style="list-style-type: none">• Lying Down Reacher• Bucket Transfer | <ul style="list-style-type: none">• Side Hop• Off the Mark |

- LEVEL 1** Choose ONE of the daily snacks ➡ 5 mins of snacking
- LEVEL 2** Do BOTH of the daily snacks ➡ 7 mins of snacking
- LEVEL 3** Do BOTH of the daily snacks and make them harder! ➡ 10 mins of snacking
- LEVEL 4** Pick any snack and do something new - challenge yourself with it! ➡ 10 mins of snacking