

# CHANGE<sup>the</sup>PLAY



## CLASSROOM PROGRESS

Track at-home Warm Up and Activity completion by day.

Name	Week 1				Week 2				Week 3				Week 4				Week 5				Week 6				Week 7				Week 8											
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4

Each child should fill in their name and check off their daily progress each week.  
A check mark indicates they have completed the Stretches and Activities the day prior.



Riley Children's Health  
Indiana University Health