



DAILY GET GOING WORKSHEET

WEEK 1 READY, SET, STRETCH CHALLENGE

Check off your daily at-home completion of each Warm Up and Activity.

Day	Warm Up		Exercises	
	ACTIVITY	COMPLETE	ACTIVITY	COMPLETE
1	Jumping Jacks		1) Standing Knee Hug	
			2) Lunge & Twist	
			3) Alternate Toe Touch	
			4) Triceps Stretch	
2	Jumping Jacks		1) Standing Knee Hug	
			2) Lunge & Twist	
			3) Alternate Toe Touch	
			4) Triceps Stretch	
3	Jumping Jacks		1) Standing Knee Hug	
			2) Lunge & Twist	
			3) Alternate Toe Touch	
			4) Triceps Stretch	
4	Jumping Jacks		1) Standing Knee Hug	
			2) Lunge & Twist	
			3) Alternate Toe Touch	
			4) Triceps Stretch	
5	Jumping Jacks		1) Standing Knee Hug	
			2) Lunge & Twist	
			3) Alternate Toe Touch	
			4) Triceps Stretch	

Expert Riley Physicians

For exceptional primary care, trust Riley Physicians and our outstanding network of pediatricians and family medicine doctors. With online scheduling and Same-Day appointments, the very best care is conveniently located throughout the state and here for:

- Issues with balance or strength
- Ongoing fatigue or common and uncommon illnesses
- School and sports physicals
- Falls and breaks
- Annual check-ups

To make an appointment with a Riley Physician, call **1.888.IUHEALTH** or visit rileychildrens.org/primarycare

To learn more or to sign up for Change the Play, visit rileychildrens.org/changetheplay

CHANGE the **PLAY**



Riley Children's Health
Indiana University Health