





Activity Plan for Commercial Challenge

Week 1			
Activity	How many or how long	How many days	Instructions
Commercial Challenge 	2 times/day	Most days	When you are watching TV, take the commercial challenge. When the ads start get up and start moving. You can run around, jog on the spot, do jumping jacks, go up and down stairs, skip, dance or whatever you want as long as you keep moving. The challenge is to see if you can keep moving for one whole commercial. Don't stop until a different commercial starts.

Week 2			
Activity	How many or how long	How many days	Instructions
Commercial Challenge 	2 times/day	Most days	When you are watching TV, take Commercial Challenge #2. When the ads start, get up and start moving. You can run around, jog on the spot, do jumping jacks, go up and down stairs, skip, dance or whatever you want as long as you keep moving. The challenge is to see if you can keep moving for two whole commercials. Don't stop until two commercials in a row have ended.

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Week 3			
Activity	How many or how long	How many days	Instructions
Commercial Challenge 	2 times/day	Most days	When you are watching TV, take Commercial Challenge #3. When the ads start, get up and start moving. You can run around, jog on the spot, do jumping jacks, go up and down stairs, skip, dance or whatever you want as long as you keep moving. The challenge is to see if you can keep moving for three whole commercials. Don't stop until three commercials in a row have ended.

Week 4			
Activity	How many or how long	How many days	Instructions
Commercial Challenge 	2 times/day	Most days	When you are watching TV, take Commercial Challenge #4. When the ads start, get up and start moving. You can run around, jog on the spot, do jumping jacks, go up and down stairs, skip, dance or whatever you want as long as you keep moving. The challenge is to see if you can keep moving for four whole commercials. Don't stop until four commercials in a row have ended.