

DOTTIE'S 4-WEEK MOVEMENT ADVENTURE

A FAMILY FITNESS & FUN CHALLENGE

AGES UNDER 13



HOW THIS WORKS

Every day for 4 weeks, complete the movement or activity shown for that day. When you're done, tick the box next to it — on screen or with a pen if you print this out!

Try to complete every day, but don't worry if you miss one — just jump back in the next day. Grab a grown-up, sibling, or friend to join in whenever you can. Have fun and get moving!

DAY	THEME	EXERCISE / MOVEMENT	DONE
MONDAY	RAINBOW MOVE DAY	Do 5 jumps, 5 star jumps, and 5 spins. Repeat 3 rounds.	☐
TUESDAY	UNICORN ADVENTURE WALK	Enjoy a 20-minute family walk and spot 5 interesting things along the way.	☐
WEDNESDAY	MAGIC STRENGTH DAY	Complete: Bear Crawl, Crab Walk, Wall Sit, and Balance on One Leg.	☐
THURSDAY	HERO CHALLENGE	Grab a friend, sibling, or parent and enjoy a 10-minute stretching or kiddies yoga session.	☐
FRIDAY	DANCE WITH DOTTIE	Have a 10-minute dance party to your favourite songs.	☐
WEEKEND	WEEKEND QUEST	Spend 30+ minutes playing outdoors. Run, climb, explore, and have fun!	☐

GROWN-UP TIP

Keep it playful — the goal this week is to build a habit of moving every day, not to be perfect. Celebrate every tick!

DAY	THEME	EXERCISE / MOVEMENT	DONE
MONDAY	FROG JUMP FUN	10 frog jumps, 10 toe touches, 10 arm circles X 2 rounds.	☐
TUESDAY	NATURE DETECTIVE WALK	20-minute walk and find something green, round, soft, and tall.	☐
WEDNESDAY	ANIMAL MOVES	Bear crawl, bunny hops, penguin waddles, flamingo balance.	☐
THURSDAY	JUNGLE STRETCH	Reach high like a giraffe, curl like a hedgehog, stretch like a cat.	☐
FRIDAY	FREEZE DANCE FRIDAY	Dance whenever music plays and freeze when it stops.	☐
WEEKEND	OUTDOOR EXPLORER	Play at a park, beach, or garden for 30+ minutes.	☐

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DAY	THEME	EXERCISE / MOVEMENT	DONE
MONDAY	SPEED HERO DAY	Run on the spot 20 sec, 10 jumps, 5 squats X 3 rounds.	☐
TUESDAY	HERO MISSION WALK	Walk for 20 minutes and count how many birds, cars, or dogs you see.	☐
WEDNESDAY	POWER-UP STRENGTH	Wall sit, plank, balance on one leg, crab walk.	☐
THURSDAY	HERO FLEXIBILITY	10-minute superhero stretching session.	☐
FRIDAY	VICTORY DANCE	Create your own superhero dance routine.	☐
WEEKEND	ADVENTURE QUEST	Build an obstacle course and complete it 3 times.	☐

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DAY	THEME	EXERCISE / MOVEMENT	DONE
MONDAY	ROCKET LAUNCH DAY	10 rocket jumps, 10 star jumps, 10 high knees X 2 rounds.	☐
TUESDAY	PLANET EXPLORER WALK	20-minute walk pretending to explore a new planet.	☐
WEDNESDAY	ALIEN TRAINING	Crab walk, bear crawl, side shuffles, balance challenge.	☐
THURSDAY	MOON STRETCH	Slow stretching and yoga poses for 10 minutes.	☐
FRIDAY	GALACTIC DANCE PARTY	Dance like aliens, robots, and astronauts.	☐
WEEKEND	EARTH EXPLORER CHALLENGE	Spend 30+ minutes outside running, climbing, or playing.	☐

GROWN-UP TIP

Keep it playful — the goal this week is to build a habit of moving every day, not to be perfect. Celebrate every tick!

FULL CHALLENGE TRACKER

TICK EVERY BOX AS YOU COMPLETE IT — CAN YOU FILL THE WHOLE PAGE?

W1 MON	W1 TUE	W1 WED	W1 THU	W1 FRI	W1 WKND
W2 MON	W2 TUE	W2 WED	W2 THU	W2 FRI	W2 WKND
W3 MON	W3 TUE	W3 WED	W3 THU	W3 FRI	W3 WKND
W4 MON	W4 TUE	W4 WED	W4 THU	W4 FRI	W4 WKND

YOU'RE A MOVEMENT
CHAMPION!



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SUNDAY 6TH SEPTEMBER 2026



REGISTER TODAY!

CALLING ALL ADULTS!
BOOST YOUR TRAINING
WITH

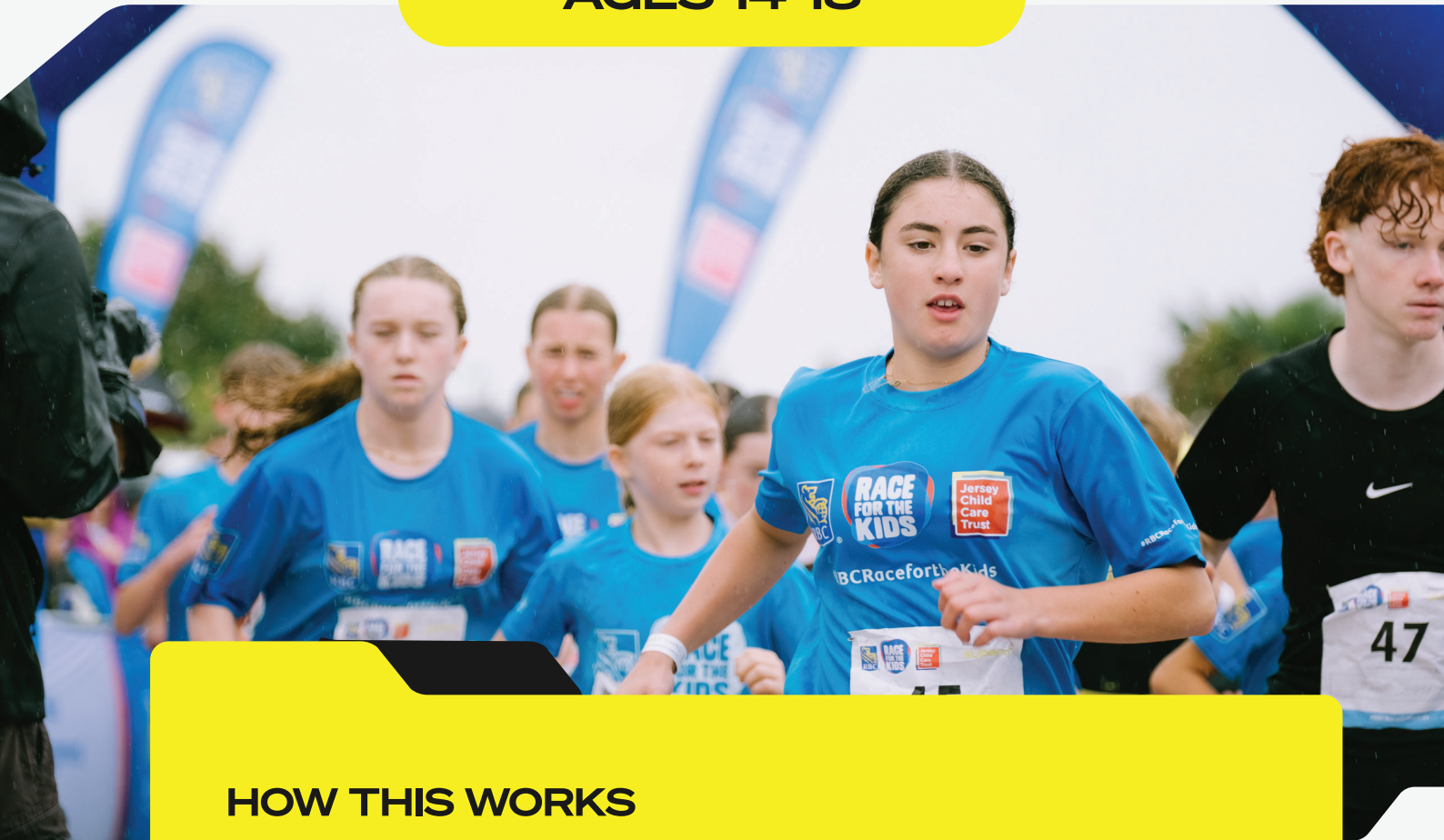


**SIGN UP
TODAY**

DOTTIE TRIBE CHAMPIONS

4-WEEK WELLNESS CHALLENGE

AGES 14-18



HOW THIS WORKS

Each week is split into five focus days plus a Weekend Quest. Complete the activity listed for each day, then tick the box to log it — on screen or with a pen if you print this out.

Consistency beats perfection. If you miss a day, don't stress — just get back on track the next day. By the end of Week 4 you'll have built real habits across fitness, nutrition, and mindset. Let's go, Champion.

DAY	FOCUS	ACTIVITY	DONE
MONDAY	SWEAT SESSION	Complete 3 rounds: 20 jumping jacks, 10 squats, 10 push-ups (knees if needed), 30-second plank.	☐
TUESDAY	WALK & REFLECT	30-minute walk without your phone. Think about one goal for the month.	☐
WEDNESDAY	STRENGTH BUILDER	3 rounds: 12 lunges per leg, 15 squats, 20-second side plank each side.	☐
THURSDAY	NUTRITION CHALLENGE	Prepare a healthy snack using fruit, vegetables, or protein.	☐
FRIDAY	MENTAL POWER DAY	10-minute stretch, 5 minutes of deep breathing, and write down 3 wins from the week.	☐
WEEKEND	QUEST	Play a sport, hike, cycle, run, or be active for at least 45 minutes	☐

REMINDER

Nutrition and mindset days count just as much as training days. Log every win.

WEEK 1 CHECK-IN

Days completed this week: ____ /6

DAY	FOCUS	ACTIVITY	DONE
MONDAY	SWEAT SESSION	Complete 4 rounds: 30 seconds high knees, 15 squats, 10 burpees, 30-second plank.	☐
TUESDAY	WALK & REFLECT	35-minute walk. Focus on noticing things you normally overlook.	☐
WEDNESDAY	STRENGTH BUILDER	3 rounds: 15 lunges per leg, 15 push-ups, 20 glute bridges, 45-second plank.	☐
THURSDAY	NUTRITION CHALLENGE	Create a balanced breakfast with protein, healthy carbohydrates, and fruit.	☐
FRIDAY	MENTAL POWER DAY	Stretch for 10 minutes and journal about something that challenged you and what you learned.	☐
WEEKEND	QUEST	Complete a 5 km walk, run, ride, or equivalent activity.	☐

REMINDER

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WEEK 2 CHECK-IN

Days completed this week: ____ /6

DAY	FOCUS	ACTIVITY	DONE
MONDAY	SWEAT SESSION	20-minute circuit: 40 jumping jacks, 15 squats, 15 mountain climbers per side, 10 burpees x 3 rounds.	☐
TUESDAY	WALK & REFLECT	40-minute walk while thinking about future goals and dreams.	☐
WEDNESDAY	STRENGTH BUILDER	4 rounds: 20 squats, 15 lunges per leg, 15 push-ups, 1-minute plank.	☐
THURSDAY	NUTRITION CHALLENGE	Prepare a healthy lunch and drink only water for the day.	☐
FRIDAY	MENTAL POWER DAY	Yoga or stretching session for 15 minutes and write down 5 things you're grateful for.	☐
WEEKEND	QUEST	Try a new activity: swimming, trail running, paddleboarding, dancing, or a team sport.	☐

REMINDER

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WEEK 3 CHECK-IN

Days completed this week: ____ /6

DAY	FOCUS	ACTIVITY	DONE
MONDAY	SWEAT SESSION	Complete 5 rounds: 20 squats, 15 push-ups, 20 jumping lunges, 1-minute plank.	☐
TUESDAY	WALK & REFLECT	45-minute walk without music or social media. Reflect on how you've grown this month.	☐
WEDNESDAY	STRENGTH BUILDER	4 rounds: 20 squats, 20 lunges per leg, 20 glute bridges, 1-minute plank, 20 bicycle crunches.	☐
THURSDAY	NUTRITION CHALLENGE	Plan and prepare a healthy dinner for yourself or your family.	☐
FRIDAY	MENTAL POWER DAY	Stretch, breathe deeply, and write a letter to your future self about your goals.	☐
WEEKEND	QUEST	Complete 60 minutes of your favourite physical activity and celebrate your progress.	☐

REMINDER

Nutrition and mindset days count just as much as training days. Log every win.

WEEK 4 CHECK-IN

Days completed this week: ____ /6

FULL CHALLENGE TRACKER

ALL 28 DAYS IN ONE PLACE. TICK AS YOU GO AND WATCH THE GRID FILL UP.

W1 MON ☐	W1 TUE ☐	W1 WED ☐	W1 THU ☐	W1 FRI ☐	W1 WKND ☐
W2 MON ☐	W2 TUE ☐	W2 WED ☐	W2 THU ☐	W2 FRI ☐	W2 WKND ☐
W3 MON ☐	W3 TUE ☐	W3 WED ☐	W3 THU ☐	W3 FRI ☐	W3 WKND ☐
W4 MON ☐	W4 TUE ☐	W4 WED ☐	W4 THU ☐	W4 FRI ☐	W4 WKND ☐

END OF CHALLENGE REFLECTION:

4 WEEKS DOWN. YOU SHOWED UP -
THAT'S WHAT **CHAMPIONS** DO.



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