

JANUARY



Go on a hike.

Take a day off from screens.

Visit a new park or playground.

Play a round of mini golf.

Try a fitness video together.

Play a game of catch.

Take a ball to the park (football, basketball, volleyball, etc.)

Have a dance party. Take turns choosing songs.

Make a healthy snack together.

Go on a nature scavenger hunt.

Create a fun obstacle course.

Look for Winter Birds.

See who can hula hoop or jump-rope or do jumping jacks the longest.

Play a yard game (bocce, frisbee, horseshoes, etc.)

Go for a walk.

Try a green juice or smoothie.

Go on a bike ride, scooter ride, or skating.

Visit a zoo or nature preserve.

Try some yoga poses & make up silly names for them.

Make homemade trail mix to take on a hike.

Practice a standing long jump and then measure how far everyone can jump.

Roll 2 dice and do that many:
• push-ups
• crunches
• lunges

Compare the nutrition labels on everyone's favorite cereals.

Use sidewalk chalk to make an elaborate game of hopscotch.

Try a new (to your family) game or sport.

Build an indoor fort or bean bag toss game.

Go bowling or make a bowling game with items around your home.

Play balloon volleyball.

Track how much water you drink in a day.

Have a Family Field Day or Family Olympics.

FAMILY FITNESS CHALLENGE



Goal: (We will complete this many challenges.)

Prize: