

# Family Health Challenge

Leading a healthy lifestyle can be more fun with family members or friends!

**Goal:** Complete the wellness options below in any order with a family member or friend. Aim for a goal of a minimum of 20 personal wellness options!  
Overall wellness includes financial, physical, nutritional, emotional, personal growth and capacity to change. There are many goals to live healthier.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Days Activity Attempted Weekly
<input type="checkbox"/> Walk 30 minutes with a family member	<input type="checkbox"/> Have at least one hour for a family digital detox (no screens, phones monitors or TV)	<input type="checkbox"/> Consume 2 cups of fruit and 2 ½ cups of vegetables	<input type="checkbox"/> Cook at home: Invite your family to help you	<input type="checkbox"/> Drink only water or low-fat or non-fat milk	<input type="checkbox"/> Only eat a snack if its less than 200 calories	<input type="checkbox"/> Say thank you to or "I love you" to a friend or family member	
<input type="checkbox"/> Try a new healthy recipe for dinner	<input type="checkbox"/> Have a family game night	<input type="checkbox"/> Have your family make a creative snack (i.e. heart-shaped apple slices)	<input type="checkbox"/> Dance Party! Play music and dance with your family (i.e. Just Dance)	<input type="checkbox"/> Go bike riding with your family (i.e. Nature Trails)	<input type="checkbox"/> Save your \$; Pack for a weekend family picnic at the park	<input type="checkbox"/> Within an hour of waking, eat breakfast at the table with your family	
<input type="checkbox"/> No sweetened beverages or juices in the house today	<input type="checkbox"/> Volunteer for a community event with family members	<input type="checkbox"/> Deliberately experience 10 minutes of quiet time	<input type="checkbox"/> Call a distant family member to say hello	<input type="checkbox"/> Work on an art project together	<input type="checkbox"/> Plan a fun family activity (i.e. Defy Gravity)	<input type="checkbox"/> Play Freeze Tag! Spend 15 minutes outdoors with your kids/ friends/pet	
<input type="checkbox"/> Learn more about your family health history	<input type="checkbox"/> Engage the whole family in yard work or housework	<input type="checkbox"/> Save money, wash the car as a family	<input type="checkbox"/> Find 3 ways to decrease spending; family budget	<input type="checkbox"/> No television watching all day	<input type="checkbox"/> Write down 3 things for which you are grateful	<input type="checkbox"/> Have your family cook dinner without your help	

**GRAND TOTAL**  
Personal Wellness Options completed:

\_\_\_\_\_