



America's Move to Raise a Healthier Generation of Kids

NAME

DATE

KEY

= Your Fun Activity  
 = Your Healthy Food

## LET'S MOVE! HEALTHY FAMILY CALENDAR

Day of the Week	Type of Activity	What Time of the Day	Who Will Participate	Did We Do It?
(For Example) MONDAY	walk 15 minutes eat 1 fruit	7am & 5pm Lunch	Mom & Sally Sally & John	★ ★
MONDAY	 			
TUESDAY	 			
WEDNESDAY	 			
THURSDAY	 			
FRIDAY	 			
SATURDAY	 			
SUNDAY	 			

HOW MANY STARS DID YOU GIVE YOURSELF?

# Family Fitness Week Ideas

1. Visit your local school track and go for a run
2. Ride your bikes around the block or on a trail
3. Put together a Fitness Scavenger Hunt (print fitness activities and tape them to the items – find a red ball and volley it 5 times, then find the next item)
4. Work in the garden, or start a new garden as a family
5. Learn a new dance from a different era, like the Electric Slide
6. Go swimming in a pool, lake or pond
7. Go bodyboarding or paddle boarding
8. Go hiking on a local trail, mountain, or nature center
9. Write a list of your favorite fitness activities on index cards and place them in a box. Each family member picks a card from the box each day, and everyone does the activities together (play frisbee, go for a walk, etc.)
10. Fly a kite
11. Run in a race together – find a charity event or walk for a cause
12. Rake leaves and jump into the piles
13. Play sports outside (badminton, baseball, soccer)
14. Go bowling
15. Go golfing
16. Go ice skating
17. Visit a zoo or museum and wear pedometers to track your steps
18. Go fishing
19. Take a karate class as a family
20. Create an obstacle course with simple items, like hula hoops and swing sets

21. Play Flag Football
22. Play outdoor games like Tag, Hopscotch, or Four Square
23. Visit a local water park
24. Create a fun coordinated dance together as a family
25. Learn a few Yoga poses
26. Go rollerblading or ride scooters
27. Wash the cars together
28. Host a Jump Rope competition
29. Play laser tag
30. Visit a trampoline park
31. Have a water balloon fight
32. Visit a Fitness Center and try a few of the classes they offer (Zumba, Jazzercise)
33. Go indoor rock climbing
34. Play a game of Clean the House and make it a race (set a timer and see who can clean their room the quickest)
35. Play outdoor toss games (horseshoes, ladder toss, cornhole)
36. Go for a walk on the beach and collect seashells
37. Create a family play and perform it for friends and neighbors
38. Come up with a list of simple exercises during TV commercial breaks (sit-ups, run in place)
39. Go to a park and play catch, kickball, or wiffle ball
40. Take the dog for a walk
41. Visit a playground and share memories of your favorite activities (swing set, monkey bars)
42. Start a Sports Night, where you choose a new sport to practice each day
43. Organize neighborhood games, like Capture the Flag
44. Partner up for a two-legged race

45. Practice basketball moves at a local court, like dribbling, dunking, and passing
46. Go kayaking or canoeing
47. Play a game of Family Tug-of-War
48. Host a fun Limbo competition
49. Play an active game of Charades
50. Stand in a circle and see how many times you can pass/toss a ball without dropping it