

Family Fitness Challenge

We have all been more sedentary from staying at home. Here is some motivation to move your bodies while having fun with your family!

Step 1: Come together as a family and set a goal. Remember to be specific.

"We will do (number) of (exercise) every day for (number) of days."

"We will try to beat our time by the end of the challenge."

Step 2: Create a chart in order to track your progress. Keep it in a central location in your house so everyone can see it. (It will keep the motivation up!)

Step 3: Choose a reward. This can be something you are all working towards, or it could be on an individual basis.

Step 4: Celebrate at the end of the challenge for a job well done!

Ideas for Challenges:

- ★ Walk 7000 steps every day.
- ★ Find out how many sit ups you can do in one minute. Does that number change after doing it every day for 7 days? A whole month?
 - How many jumping jacks?
 - How many push-ups?
 - How many sit-ups?
 - How many squats?
 - How many burpees?
 - How many jumps while jumping rope?
 - How many mountain climbers?
- ★ How long can you do a plank? Can you go longer each day?
 - ... can you hula hoop?
 - ... can you wall sit?
 - ... can you hand stand?