

# Family Fitness Challenge

Have every member of your family write down the number of minutes of physical activity he/she does each day and what the activities were. At the end of the week add up the minutes to see who was the most active that week. Add up the number of minutes for the entire family and see if you can beat your record next week.

| Name of Family Member: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total Minutes: |
|------------------------|--------|---------|-----------|----------|--------|----------|--------|----------------|
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|                        |        |         |           |          |        |          |        |                |

Family Total of Minutes This Week:

