FAMILY ACTIVITY CHALLENGE

RULES OF THE GAME

CHALLENGE RULES

Race to get active! The person who logs the most active time before your chosen “finish line” date wins—and everyone gets healthier in the process. Have fun and cheer each other on along the way.

FILL IN ONE BOX FOR EVERY:
- 5 minutes of running
- 10 minutes of swimming
- 10 minutes of biking
- 10 minutes of skiing
- 15 minutes of hiking
- 15 minutes of walking
- 15 minutes of dancing

CUSTOMIZE THE RULES FOR YOUR FAMILY:
- _____ minutes of __________________________
- _____ minutes of __________________________
- _____ minutes of __________________________
- _____ minutes of __________________________

List each person in your family as a player.

Keep track of the time spent on each activity.

To keep everyone motivated list the winning prizes.

Customize by listing activities that fit your family best.

Cut out the “Challenge Rules” and keep next to the challenge chart for quick reference.
<table>
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<th>PLAYER</th>
<th>ACTIVITY</th>
<th>TIME</th>
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**ACTIVITY CHALLENGE**

**START DATE**

**FINISH DATE**

**FINISH LINE**

**PRIZES**

1ST  2ND  3RD