

Fit 4 Kids™ Fitness Challenge

Are you up to the challenge???? Here is a list of activities to keep you busy during the week. For every task you accomplish put a check mark next to it and you can do each task more than once. Remember to be honest; I will know if you are cheating!!!! At the end of the session all participants will receive a reward. Some of the tasks may require help from an adult.

1. Go for a walk around the block
2. Drink 5 glasses of water in one day
3. Walk to school
4. One whole day without TV
5. Go for a bike ride
6. Teach someone in your family 5 yoga poses
7. One whole day without video games
8. Play at the park
9. Play sports
10. 20 jumping jacks per day everyday for 1 week
11. No junk food for a whole day
12. No fast food(McDonalds, burger king, etc) for one week
13. *Bonus: points earned in deal or no deal go here