



FAMILY LIBRARY • FREE PRINTABLE

# THE FAMILY CHALLENGE

*Small things, every day, together.*

## HOW WE DO IT AT OUR HOUSE

- 1. Everyone gets a chart.** Kids and grown-ups. Nobody is just the cheerleader.
- 2. Pick your things.** Use our list or fill in the blank chart with what matters to your family. Their sport, your training, whatever fits.
- 3. Check it off every night.** Tick the box, add up the points. Takes two minutes before bed.
- 4. Add it up on Sunday.** Count the week, celebrate the wins, and pick next week's reward together.

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*This isn't about perfect. It's about building routines and noticing what makes us feel good. Small little things make a big difference.*

INSIDE

Kid chart

Grown-up chart

Make-your-own chart

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## CHALLENGE

*Let's get points!*

|                                        | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------------------------------------|-----|-----|-----|-----|-----|-----|-----|
| Eat your protein<br>2 PTS              |     |     |     |     |     |     |     |
| Fruits + veggies<br>2 PTS              |     |     |     |     |     |     |     |
| Limit sugar<br>1 PT                    |     |     |     |     |     |     |     |
| Move your body (10 min)<br>1 PT        |     |     |     |     |     |     |     |
| Practice your sport (15 min)<br>1 PT   |     |     |     |     |     |     |     |
| Play outside or walk (15+ min)<br>1 PT |     |     |     |     |     |     |     |
| Drink your water<br>1 PT               |     |     |     |     |     |     |     |
| A great night's sleep<br>1 PT          |     |     |     |     |     |     |     |
| Daily points                           |     |     |     |     |     |     |     |

WEEKLY TOTAL

\_\_\_\_ / 70

THIS WEEK'S REWARD

\_\_\_\_\_

*These are all ways we stay healthy and grow strong, so we can do the things we love and feel good in our bodies.*

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## CHALLENGE

*Let's get points!*

|                                | MON                         | TUE | WED | THU | FRI | SAT | SUN |
|--------------------------------|-----------------------------|-----|-----|-----|-----|-----|-----|
| Protein at every meal<br>2 PTS |                             |     |     |     |     |     |     |
| Fruits + veggies<br>2 PTS      |                             |     |     |     |     |     |     |
| Lift or move (30 min)<br>2 PTS |                             |     |     |     |     |     |     |
| Walk (15+ min)<br>1 PT         |                             |     |     |     |     |     |     |
| Drink your water<br>1 PT       |                             |     |     |     |     |     |     |
| 7+ hours of sleep<br>1 PT      |                             |     |     |     |     |     |     |
| Phones down at dinner<br>1 PT  |                             |     |     |     |     |     |     |
| Play with the kids<br>1 PT     |                             |     |     |     |     |     |     |
| Daily points                   |                             |     |     |     |     |     |     |
| WEEKLY TOTAL<br>_____ / 70     | THIS WEEK'S REWARD<br>_____ |     |     |     |     |     |     |

*These are all ways we stay healthy and grow strong, so we can do the things we love and feel good in our bodies.*

MAKE YOUR OWN

# \_\_\_\_\_'s CHALLENGE



*Let's get points!*

|                                    | MON                                | TUE | WED | THU | FRI | SAT | SUN |
|------------------------------------|------------------------------------|-----|-----|-----|-----|-----|-----|
| _____<br>____ PTS                  |                                    |     |     |     |     |     |     |
| _____<br>____ PTS                  |                                    |     |     |     |     |     |     |
| _____<br>____ PTS                  |                                    |     |     |     |     |     |     |
| _____<br>____ PTS                  |                                    |     |     |     |     |     |     |
| _____<br>____ PTS                  |                                    |     |     |     |     |     |     |
| _____<br>____ PTS                  |                                    |     |     |     |     |     |     |
| _____<br>____ PTS                  |                                    |     |     |     |     |     |     |
| _____<br>____ PTS                  |                                    |     |     |     |     |     |     |
| <b>Daily points</b>                |                                    |     |     |     |     |     |     |
| <b>WEEKLY TOTAL</b><br>____ / ____ | <b>THIS WEEK'S REWARD</b><br>_____ |     |     |     |     |     |     |

*These are all ways we stay healthy and grow strong, so we can do the things we love and feel good in our bodies.*