

STAR POWER

FAMILY CHALLENGE



APRIL 7-MAY 7

HEALTHY HABITS START AT HOME! Join our family challenge and develop new healthy habits the entire family will enjoy. Complete 20 of the 30 activities as a family and turn in your tracker to Jessica Lu, jlu@cooperfitnesscenter.com, by May 10.

All children, ages 3-18, who participate will receive a voucher for a free smoothie at Cedars Woodfire Grill.

EMAIL: _____

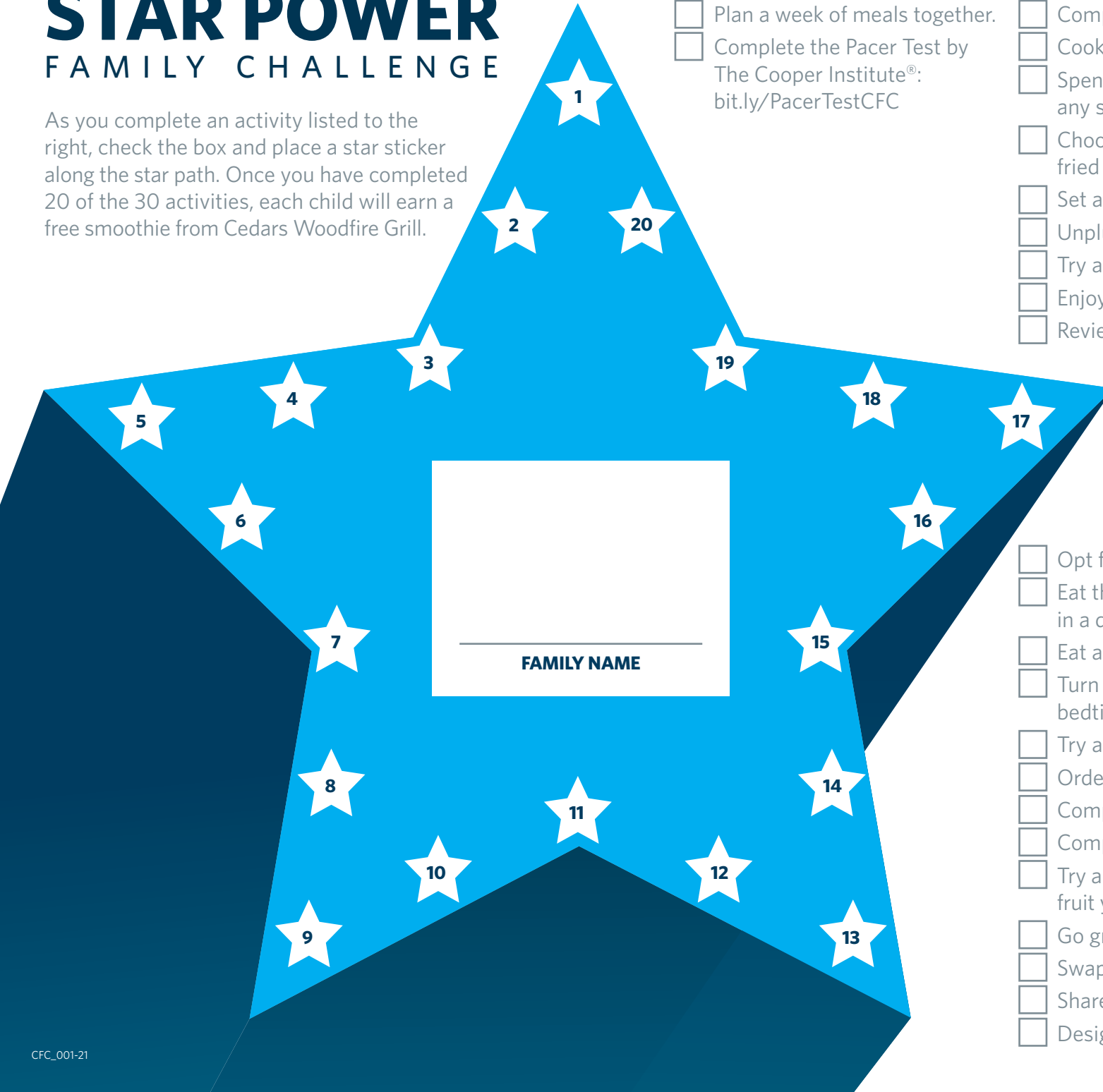
FAMILY NAMES:



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As you complete an activity listed to the right, check the box and place a star sticker along the star path. Once you have completed 20 of the 30 activities, each child will earn a free smoothie from Cedars Woodfire Grill.



- Plan a week of meals together.
- Complete the Pacer Test by The Cooper Institute®: bit.ly/PacerTestCFC

- Complete a workout together.
- Cook a healthy meal: _____
- Spend an hour together without any screens.
- Choose a grilled entree instead of a fried option.
- Set a regular dinner time to eat together.
- Unplug during dinner. No screens!
- Try a new vegetable: _____
- Enjoy a fruit as dessert: _____
- Review a menu when eating out.

- Take a walk after dinner.
- Walk 1 mile together.
- Set the table together.
- Make your grocery list.
- Substitute fries for fruit.
- Have a dance party.

- Opt for water when you eat out.
- Eat the rainbow (one food of each color) in a day.
- Eat a healthy breakfast: _____
- Turn off your screens an hour before bedtime.
- Try a new fruit: _____
- Order a healthy appetizer: _____
- Complete a warm-up before your workout.
- Complete a cool-down after your workout.
- Try a new way to cook or serve a vegetable or fruit your child has turned down in the past.
- Go grocery shopping together.
- Swap a sweet drink for sparkling water.
- Share dessert as a family.
- Design your own cooking competition.