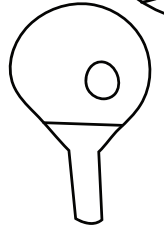
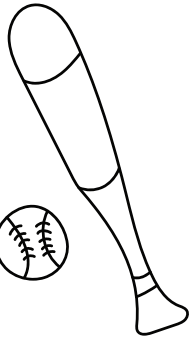
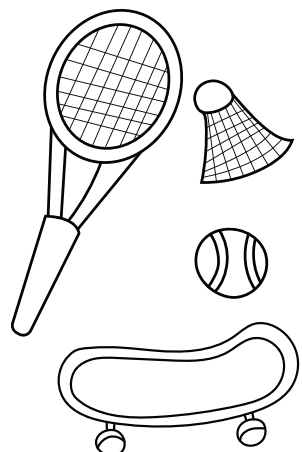
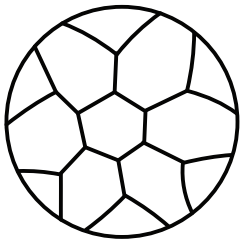
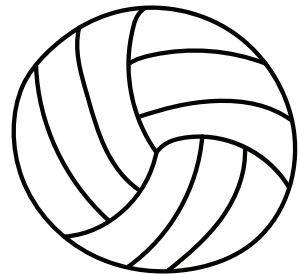
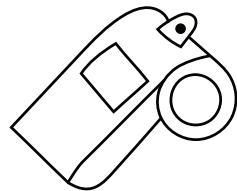
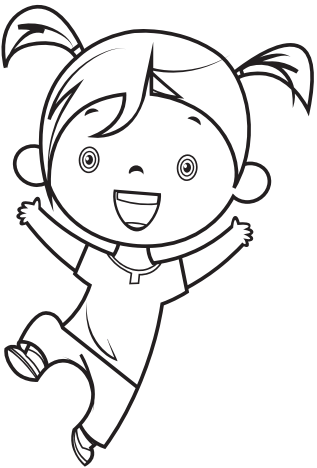


LAST NAME \_\_\_\_\_

# FAMILY FITNESS ACTIVITY CARD



|                          |                                |                          |
|--------------------------|--------------------------------|--------------------------|
| 10 JUMPING JACKS         | RUN ON THE SPOT FOR 15 SECONDS | 10 HIGH KNEES            |
| 1 MINUTE PLANK           | 10 DEEP BREATHS                | HOP ON ONE FOOT 10 TIMES |
| 10 BUTT KICKS            | FREE SPACE FUN MOVEMENT        | 10 PUSH UPS              |
| 10 LUNGES                | HOP SCOTCH                     | 10 SQUATS                |
| JUMP ROPE FOR 15 SECONDS | 5 MINUTE DANCE PARTY           | 10 SIT-UPS               |



**INSTRUCTIONS:** Use the activity card as a reminder to incorporate activity into your everyday routine. Check off the boxes as you complete each task. Challenge your family to fill up the card throughout the month of June!