



# Family Times

PROMOTING HEALTHY CHOICES

ENCOURAGE YOUR CHILD TO ACCEPT THE FOLLOWING GOAL:

*“I will be active with my family every day!”*

Please complete the following activities that reinforce this goal with your child, stressing the importance of this health behavior.

For each day, record an activity that the whole family can do. Next, record the total number of minutes family members agree to participate in the activity. Finally, record the initials of those that participate in the activity.

Day	Activity	Time	Initials
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



### Pine Cone/Stick/or Trash Competition

Give each family member a garbage bag, and see who can pick up the most pine cones, sticks or trash within a given amount of time. The person with the most pine cones, sticks or trash wins. This is a great way to get yard work or housework done as a family.

Have your child draw or write the person’s name who won this competition.

*We did this!*