



# Fun & Family Fitness File

Lets move more with family fun!

Monday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
<b>Total</b>	_____

Tuesday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
<b>Total</b>	_____

Wednesday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
<b>Total</b>	_____

Thursday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
<b>Total</b>	_____

Friday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
<b>Total</b>	_____

Saturday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
<b>Total</b>	_____

Sunday

Activity	Time
• _____	_____
• _____	_____
• _____	_____
<b>Total</b>	_____



**Remember** sit less, move more - **Something** is better than nothing!

