









Shape Your Future

HEALTHY FAMILY CHECKLIST

Print this chart and use it on the fridge to keep your family on track. It provides healthy reminders to drink water, eat fruit and vegetables, get fresh air each day. It's important to make healthy habits for the whole family.

Check the box for each day you hit your goal. Remember, no one's perfect, so start small and track your progress. Get healthy habits rolling.

	S	M	T	W	T	F	S
Packed a bottle of water and drank it throughout the day 							
Ate a fruit or vegetable at each meal 							
Replaced a sugary drink with water 							
Did 30 minutes of exercise (adults) or 60 minutes (kids) 							
Went on a family walk or were active together 							
Got a good night's sleep 							
Watched less than 1 hour of TV 							
Encouraged a friend or family to try something on this list 							

Find more recipes and physical activity ideas at

 ShapeYourFutureOK.com

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SPELL YOUR NAME

& DO THE WORKOUT!

- 1. 15 PUSHUPS
- 2. 50 JUMPING JACKS
- 3. 20 CRUNCHES
- 4. 10 BURPEES
- 5. 60-SECOND WALL SIT
- 6. 20 ARM CIRCLES
- 7. 20 SQUATS
- 8. 30 JUMPING JACKS
- 9. 60-SECOND PLANK
- 10. 20 MOUNTAIN CLIMBERS
- 11. 40 CRUNCHES
- 12. 12 BURPEES
- 13. 15 SQUAT JUMPS
- 14. 10 PUSHUPS
- 15. 20 LUNGES
- 16. 10 TRICEP DIPS
- 17. 20 JUMPING JACKS
- 18. 60 SECOND PLANK
- 19. 30 BICYCLE CRUNCHES
- 20. 60 SECOND WALL SIT
- 21. 40 HIGH KNEES
- 22. 30 SQUATS
- 23. 15 TRICEP DIPS
- 24. 10 MOUNTAIN CLIMBERS
- 25. 12 JUMPING LUNGES
- 26. 30 CRUNCHES

