

The Challenge for December is to come up with a healthy change at home. Brainstorm ideas together, and challenge your whole family to be involved. Family policy changes may include ideas like: taking a daily family walk after dinner, limiting screen time after 7:00 p.m., trying a new fruit or vegetable during a meal, no pop, sports drinks or other sugary drinks at home, eating dinner together, etc.

Stumped on what to do? Visit: www.fitnessforkidschallenge.com/familypolicychange for a list of ideas!

School Name:	 	
Teacher Name:		
Student Name:		

Tell us the healthy change you and your family decided to make:

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CHALLENGE

Did your whole family participate?: \_

Visit <u>www.fitnessforkidschallenge.com</u> for more information.