

# 35 DAYS OF HEALTHY WAYS TO GET FIT WITH YOUR FAMILY

SUN

MON

TUE

WED

THU

FRI

SAT

**FAMILY  
WALK**

**PUSH UPS**  
DURING  
COMMERCIAL  
BREAKS

**CREATE AN  
INDOOR  
OBSTACLE  
COURSE**

**TAKE THE  
STAIRS**

**BUILD A  
PILLOW  
FORT**

**FLY A  
KITE**

**HULA  
HOOP**  
DURING  
COMMERCIAL  
BREAKS

**PLAY  
TAG  
WITH  
FRIENDS**

**DANCE  
PARTY**

**BURPEES**  
DURING  
COMMERCIAL  
BREAKS

**WASH  
THE CAR,  
DOG, OR  
DISHES!**

**PLANT A  
GARDEN**

**BUILD A  
SAND  
CASTLE**

**LIFT  
WATER  
BOTTLES**

**HALLWAY  
BOWLING**

**PICK UP  
TRASH**

**PLAY  
OUTSIDE**

**YOGA**  
DURING  
COMMERCIAL  
BREAKS

**DON'T  
LET THE  
BALLOON  
TOUCH THE  
GROUND!**

**PLAY  
BASKET-  
BALL**

**RELAY  
RACE**

**GO ON A  
NATURE  
WALK AND  
SPOT FIVE  
NEW  
THINGS**

**VISIT  
THE ZOO**

**BACK-  
YARD  
KICK-  
BALL**

**GO TO  
THE  
PARK**

**JUMP  
ROPE**  
DURING  
COMMERCIAL  
BREAKS

**CREATE A  
SCAVENGER  
HUNT FOR  
YOUR  
FRIENDS**

**ULTIMATE  
FRISBEE**

**RUN IN  
PLACE**  
DURING  
COMMERCIAL  
BREAKS

**GO  
SWIMMING  
OR PLAY IN  
THE  
SPRINKER**

**RIDE  
YOUR  
BIKE**

**HEAD TO  
THE  
PLAY-  
GROUND**

**FAMILY  
PICNIC**

**SIT UPS**  
DURING  
COMMERCIAL  
BREAKS

**WHO CAN  
DO THE  
MOST  
JUMPING  
JACKS IN 1  
MINUTE?**

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