






Use these templates to create your own [Family Fitness Challenge](#).

 Family Fitness Challenge	Week 1: 4/20	Week 2: 4/27	Week 3: 5/4	Week 4: 5/11
Eat 3 Healthy Meals 6 Days a Week				
Exercise 3 Times a Week				
Eat Only 2 Junky Snacks a Day				
Eat 1 Sugary Cereal 1 Day a Week				

Compliments of <http://www.familieswithpurpose.com/>



Family Fitness  
Challenge

Week 1:

Week 2:

Week 3:

Week 4:

	Week 1:	Week 2:	Week 3:	Week 4: