

Name _____

October Family Wellness Challenge
FOUR is More

All this month, we challenge you to try **FOUR** new **active things**. If you are already very active, it's okay to keep doing the things you like to do and record them below. Challenge yourself to try at least 1 thing new. Draw or write about one thing in each box below. **Return to school after 10/21.**

Some ideas include...taking a walk, riding a bike, playing basketball, attending Trot for Talbott, doing jumping jacks while watching TV, etc.

Check out this website for ideas of how to stay active: <https://kidshealth.org>

Parent Signature _____

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