



SUMMER FAMILY CHALLENGE

FOND DU LAC FAMILY YMCA



Wrap up the end of summer by being intentional about spending 30 minutes each day being active as a family. We've put together a list of fun ideas in the focus areas of **getting active, spending time together, being a part of something big, learning something new and forming healthy habits.**

- This challenge is voluntary.
- Everyone in the family should get to contribute to the fitness activities that are incorporated. Take a family vote or take turns choosing activities.
- Keep it positive and fun.
- Some challenges ask you to share on Facebook or Instagram. If you don't have an account or don't feel comfortable posting, you still get the points.
- Use the checklist to track your progress

PRIMARY ADULT FIRST & LAST NAME:


FAMILY MEMBER NAMES & AGES:

ADDRESS:

PHONE:

PRIMARY ADULT EMAIL:

**TAKE THE CHALLENGE
THEN ENTER TO WIN!**
**Challenge checklist
is on back of form!**



Check off at least 25 points, include your family information and **TOTAL POINTS EARNED**, and return form to the Welcome Center Desk or email a copy of both sides of the Summer Family Challenge Form to jmemmel@fdlymca.org to be entered into our grand prize drawing.

**One entry per family.
Deadline: Friday, August 27th**

TOTAL POINTS EARNED: ____/34

AT THE Y (2 points each)

The Y is a great place to be Active as a family!



- Visit the Y as a Family**
Visit the welcome desk to mark-off your Family Challenge checklist.
- #YSummerOutLoud**
Post a photo with #YSummerOutLoud and tag your local Y. Show the welcome desk to mark-off your Family Challenge checklist.
- Virtual Family Class**
Visit YMCA360.org for live or on-demand virtual fitness classes.

TOTAL POINTS EARNED: ____/3

BE A PART OF SOMETHING BIG (1 point each)

Focus on making kids feel included, like they are a part of the solution or part of a team and something bigger than themselves.

- "Effort" Sports**
Play soccer, football, baseball, or street hockey. Make traditional games more fun with your own family rules and praising effort over winning.
- Dance Party**
Play a game of Freeze Dance or Musical Chairs.
- Support a Cause**
Volunteer or give at a local non-profit like the Y.



- Treasure Hunt**
Hide something exciting and make a map. Be sure everyone gets a turn. Add a little challenge with rules to follow while hunting. For example, everyone has to skip to each location.

- Relay**
Create a list of activities for each family member to complete. Keep track of the time and try to beat it each time.
- Go Plogging**
Walk or run and pick up trash along your route. Take a picture of how much trash you were able to collect.

- Clean Up**
Clean out items that you no longer need and find a charity you can support.

TOTAL POINTS EARNED: ____/7

SPEND TIME TOGETHER (1 point each)

Focus on making new friends and strengthening connections with friends and family.



- Adventure Hike**
Make a list of natural elements to find. For example, look for a purple flower, a heart-shaped rock, or a good climbing tree. Snap a pic, post it and hashtag #YSummerOutLoud and tag the Y.
- Family Bike Ride**
Don't forget your helmets!
- Track Your Walks**
Map out a family-fun destination and log the miles it would take to get to the destination.
- Make a Family Fitness Video**
Put together a dance video as if you are planning to sell it. Post it and hashtag #YSummerOutLoud and tag the Y.
- Charades**
Fill a bowl with familiar characters or words.
- Board Game Night** Play an old family favorite!
- Song Writing**
Write a funny song you can record and share with others. Post it and hashtag #YSummerOutLoud and tag the Fond du Lac Family YMCA.
- Tech-Free Day**
Participate in #TechFreeTuesday and plan a special outdoor activity.

TOTAL POINTS EARNED: ____/8

CREATE HEALTHY HABITS (1 point each)

If you're having fun and making healthy living important, your family will follow.



- Five Fruits/Vegetables 2 Days in a Row**
Track it and try a new option each week.
- Take the Stairs**
Encourage everyone in the family to use the stairs instead of the elevator, no matter where they are.
- Stock Up**
Purchase toys or equipment related to fitness. If you're traveling this summer, keep the equipment handy when at a rest stop.
- Walk It Out**
Park the car at the far end of the parking lot when shopping.
- Meal Planning**
Include everyone in planning and cooking a meal for the whole family.
- No Soda or Sugary Drinks**
Eliminate or limit sugary drinks for the entire challenge.
- Stay Active**
Make a commitment to be active a minimum of 30 minutes every day.



TOTAL POINTS EARNED: ____/7



GET ACTIVE/LEARN SOMETHING NEW (1 point each)

Focus on growth. Learn something new, set a goal, and/or complete a task.

- Create an Obstacle Course** and see who can get through it the fastest.
- Pushup Challenge**
Increase how many you can do each week.
- Go Swimming at a lake or at the Y**
- Play Hopscotch**
All you need is a piece of chalk to draw a court and a small object to toss around.
- Learn a New Skill**
Learning a new skill can not only keep you active, but is good for the brain, too!
- Read a Book**
Visit the library and read a new book.
- Walk a neighborhood dog.**
Offer to walk a dog in your neighborhood – don't forget to clean up after them!
- Park Visit**
Visit a new local park each week.
- Make a new healthy recipe.**
Make a meal together as a family that is healthy and delicious.



TOTAL POINTS EARNED: ____/9