

ACTIVITIES TO REMEMBER

You know you and your family should move more. Sometimes we forget how much fun it is to play. List the activities you and your family enjoy or would like to try. Use the list to help you plan activities on most days of the week.



Outdoor Activities At Home

_____	_____
_____	_____
_____	_____
_____	_____

Outdoor Activities Away From Home

_____	_____
_____	_____
_____	_____
_____	_____

Indoor Activities

_____	_____
_____	_____
_____	_____
_____	_____

Did you know that moving more does not have to mean organized sports, being part of a team, or going to a gym? Activities can be as simple as taking a walk after dinner, playing in the park or dancing to your favorite songs.